

HEALTHY BELLY WORKSHOP

Learn how to self-massage your abdomen and improve your health.

an interactive & hands-on workshop

LEARN HOW TO:

- *Listen to your body's wisdom
- *Interpret your symptoms
- *Massage and release stagnation and pain
- * Connect to your "gut feeling"

HELPS WITH:

- *Distention / gas
- *Indigestion / constipation
- *Menstrual concerns
- *Depression
- *Lower back / hip pain
- *Shortness of breath
- *Chronic fatigue
- *Gallbladder / liver pain
- *Emotional stress / anxiety
- *Release of traumatic events



Mihael Mamychshvili, RST.
Lead Therapist, Master Shiatsu Therapist

A recognized expert on improving Mind/Body communication. His therapy addresses the abdomen as a powerful centre for the body. This method has helped 1000's of patients including those with PTSD, Cardiac, and other trauma survivors transform their lives. He has been featured on multiple news publications and networks including Shaw TV

Tues. Mar. 12, 2019 | 6:30-8:30pm
\$147 (\$125 if you bring a friend)
Reserve Early : 604-558-1926

