

Light Bodies presents



## Full Day Workshop

Discover and develop your very own specific wellness strategy.  
Designed by you . . . for you!

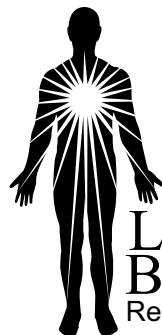
**Date:**

**Time:** 9am - 6pm

**Cost:** \$175 *(includes workbook)*

- The Triangle of Health
- Basic Muscle Testing
- Identify your specific body energy makeup
- Select exercises and daily routines that support your body's specific energies
- Identify foods that support the balance of your specific body energies
- Learn about the Seven Emotional Needs and how to meet them in your life
- Identify and remove your subconscious beliefs that are creating imbalances in your life
- Stress-busters designed especially for you

check, cash or credit cards accepted



**LIGHT  
BODIES**

Restoring balance for radiant vitality

Heather Mikayla, KCP & CMT  
Holistic Kinesiologist

408-374-8157  
1550 Winchester Blvd  
Suite 107  
Campbell, CA 95008

[www.lightbodies.com](http://www.lightbodies.com)