

STRESS RELEASE

Stress Release Made Easy

This workshop was developed by DR Bruce and Joan Dewe. DR Dewe is a New Zealand doctor who no longer practices traditional medicine but instead operates a Kinesiology clinic. He and his wife developed a series of workshops designed to empower people by giving them tools, hops and techniques to enable them to move out of their present situations, whether it be pain, dysfunction, overwhelm, weariness, fatigue, frustration or apparent hopelessness. In this workshop you will learn a number of techniques that will enable you to effectively deal with the stresses in your life no matter how formidable they may seem.

Are you tired when you wake up in the morning? Do you need a permanent vacation?
Would you say yes to a life of greater energy, enthusiasm and vitality?
Then this workshop is for you.

The information and techniques will include:

- ▲ **How to recognize the warning signs of stress** so you can nip it in the bud and not feel victimized by your circumstances.
- ▲ **Emotional Stress Release** - this simple technique can be used to assist in dealing with past, present and future stress events. Great for those of us who say " If only I had...." "How am I going to do all this..." , "What if this happens..."
- ▲ **Accurate Muscle Testing** - this is a biofeedback mechanism that will allow you to access your body's innate wisdom and discern what supports your vitality and what does not.
- ▲ **Emotional Balancing** - the subtle energy pathways (meridians) of the body are negatively impacted by unprocessed emotions; over time this affects our health and well-being potentially leading to dis-ease. You will learn how to find the energy pathway that is stressed and how to clear it.
- ▲ **The Power of the Breath**- for centuries healers have recognized the value of breathing as a means of quieting the emotions. You will learn how to break the stress breathing habit of holding your breath and shallow breathing.
- ▲ **The Role Of Exercise and Nutrition** - exercise and appropriate nutrition plays a vital role in our ability to deal with stress.

Date:

Time: 9am - 5pm

Cost: \$155

Where: LightBodies

check, cash or credit cards accepted



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Restoring balance for radiant vitality

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