



2012 :: A Year of Possibilities

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Biopulsar

Introductory - 30% off until January 30th

Reflexology

Two free sessions for the first 10 participants

Tune-Up

20% off tune-up (sound, colour/light) until the end of January

Mandala



Quote

Life is not about finding yourself. Life is about creating yourself.

George Bernard Shaw

Choose How You Want to Be

Once again we begin a new year rich with possibilities. What will we create?

With the year 2012 ending a number of shorter and longer cycles, we also have an opportunity to decide what areas we want to wrap up and what areas we want to start new. We can choose how we want to be.

Here are some tips to consider while you make your choices:

- Focus on self love & non-judgement - this is the fastest way to release all that does not support your path
- Focus on light (the positives) & the joys in life
- Ignite your creator spark
- Visualize the clear path ahead, and
- See the world through your heart, and
- Express yourself through your heart
- Take time to relax and reflect
- Observe the mirrors (what is being reflected back to you)
- Rest and realign/balance (spend time in nature)
- Drink plenty of fresh water
- Stay grounded while your consciousness expands
- Trust that all is well (get out of your own way)
- Enjoy...Laugh Lots
- Be at Peace

What is New & Available

Biopulsar-Reflexograph - provides in-depth holistic information about the current status of your life-force (body, mind, emotion & spirit). More details available here:

<http://www.living-in-harmony.ca/AboutPages/BioenergeticVitality.html>

Full Harmonic Spectrum balancing with sound, colour/light & aromatics (optional) - enjoy a tune-up with a number of modalities for a broader spectrum (boosted version) of frequencies.

More details available here: <http://www.living-in-harmony.ca/AboutPages/ColourSound.html>

Reflexology - gentle yet powerful energy balancing modality that uses a focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body which corresponds to and are relative to all parts, glands and organs of the entire body. More details here: <http://www.living-in-harmony.ca/AboutReflexology.htm>

Looking for participants - see coupon on the left

Workshops - January & February

Colour Energy - Saturday, Feb 11, 1-4 pm; \$30

In this 3-hour seminar you will learn about colour, how colour is absorbed by the body and how it influences body, mind & spirit e.g., chakras. Method of maintaining balance using colour/light will be discussed. *Materials included*