

Testimonials

"I enjoyed the way that I have learned and refreshed some good habits on how to take care of myself".

MR Kettering OH



"It is nice to change your way to look your life, I really enjoyed the time in the class. "

LC Dayton OH



"Until this class, I didn't realize how much little positive things can make the difference. Thanks!"

RN Centerville OH



"I am teaching my children what I learned. We enjoy practicing everyday some exercises. "

LS Dayton. OH



Consuelo Cassotti

B.Sc. RPP & RPE, Life Coach

Consuelo's work is a unique combination of intuitive channeling and gentle energy techniques that remove energy blockages and old emotional patterns. In Italy and in USA, she has studied various healing methodologies that she uses intuitively during her sessions and her teaching. She is a Karuna and Reiki Master and Registered Polarity Practitioner and Educator. She is also experienced in Therapeutic Touch, Kriya Essences' Method, Life Coach, Signature Cell Healing, BodyTalk System Spontaneous Remission and Trauma Release.

Phone: (937) 648-4534

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www.balancEvolution.com

March 4th 2012

Self-healing and Awareness

The way we think, feel and act defines our life experiences.

This class helps you see the connection between your body-mind-emotions-soul and belief system.

Self-healing is the ultimate act of self-love.

Decide to do something nice for yourself.

Breathing

Deep breathing helps you to become more aware of your body. Learn some breathing techniques that you can use when needed.

Feeling

Focusing on the messages from your body is very important. If you recognize the energy blocked in your body, you can avoid chronic disease. Through different techniques, you will learn how to listen to the hidden emotions and release them.

Listening

Your Intuition, or Inner Voice, is waiting to be heard by you. Be open to listening.

This will help you to make better decisions and be more "in the flow". Recognize how to ask and listen to the signs. This will give you the opportunity to empower your choices.

What you can learn.

We'll employ a variety techniques including guided meditation, how to be more intuitive, breathing and gentle exercises to acknowledge

and honor your role as **co-creator of your life** and expand yourself in a new and powerful way to 'be' in this reality.

The goal of this course is to find your **personal healing, intuitive awareness and transformation** through **learning, practicing and having fun!**

Self-healing is the ultimate act of self-love!

Give yourself a milestone gift, to increase abundance in your life and joy in your relationships.

Call or e-mail for any information

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Program

Introduction to various tools:

- ❖ *Exercises to release blocked energy*
 - ❖ *Mediation*
- ❖ *Talk to your body, your cells*
- ❖ *Ground and center yourself*
 - ❖ *Breathing exercises*
- ❖ *Clear the emotional cords*
- ❖ *Clear emotional energies*
- ❖ *The power of the intention*
 - ❖ *Increase your intuition*
 - ❖ *Cortices Releases*

Time: *1.00 pm to 5.30 pm*

(Advanced payment is requested)

Bring a yoga mat if you have one.

At "The Center on High"

3208 North High Street,

Columbus, Ohio