The Core Evolution Presents:

Ancient Teachings for Supreme Health

In this 2 hour interactive playshop you will learn:

- How the mind communicates with the body (voluntary and involuntary)
- ❖ Techniques to change your state instantly (from negative to positive)
- **Tools to communicate more effectively** (with yourself and others)
- ❖ All this tied together to demonstrate how your overall health can greatly advance!

Dress comfortably and attend with an open mind... prepare to play inside!

Trainer: Shelly Parrott Change Specialist

For more information about Shelly please visit www.thecorewhy.com

Questions or to enroll contact: <u>beempowered@thecorewhy.com</u>

\$35 before May 10th \$53 after May 10th (seats are limited)

Rising Sun Holistic Choices

Wednesday May 20th 6:30 – 8:30pm (arrive by 6:15)