

Rewiring Your Brain Workshop

For Optimum Vitality

Knowledge is power! Combining the science of the three functional brains: Head, Heart, and Gut along with Meditation; promotes whole brain thinking, extending life, healing, sleep, memory, focus, neuron count, releasing anxiety, depression & trauma.

This transformational workshop will include _____ :

- Education about your three functional brains: Head, Heart and Guts; how it works to optimize your health.
- Learn about your brain's neuroplasticity and how you can rewire your brain through the latest in neuroscience technology and old science of meditation through Visualization In Faith
- Guided El Sali stretch and meditation
- Learn meditation techniques and how to incorporate this practice in daily living. El Sali is our Christian alternative to Yoga. El Sali's movement & breathing is to be frameworked around each brain. (El Sali is a practice of connecting with Christ in body, mind, heart and soul through breath, movement and meditation.)

Dates: Friday March 5 th @ 4:30 -7 pm &
Saturday March 6th @9am - 3:30pm

Advance registration sign up ONLY- due to limited seating for \$120 at www.abbawholeness.com or email Office@ABBAAWholeness.com

Seminar includes: Free Braintap Sound and Light Therapy or Bemer - Blood Flow Therapy, 20 % discount on all testings (Cell well being & Zyto Balance, Thermograph, STYKU), Alkaline Water and Healthy Boxed lunch & snacks.

Checkout abbawholeness.com for details in any of these. If you can't make this time, call or text for a possible individual session at 816-988-8379

Can't make it to this workshop? Checkout ABBA Wholeness other scheduled seminars on Neuroplasticity & Mental Health & Addiction and Arts and BLAZE.

JOIN US AT

ABBA Wholeness Ctr

**1209 NW NORTH
RIDGE DR STE C,
BLUE SPRINGS, MO**



**GUIDED EL SALI
MEDITATION**

**LEARN THE POWER
OF
NEUROPLASTICITY
& MEDITATION
TECHNIQUES TO**

WORKSHOP CONDUCTED BY:

Linabelle Finnegan, HHP & Destiny Hurst CPT, M-HYT

**INCORPORATE IN
YOUR DAILY LIFE**

**BRAIN WORKSHOP TO
CHANGE YOUR LIFE:
MARCH 5 & 6**

