



The Gentling Way

Self Care Retreat

BE GUIDED ON A JOURNEY OF SELF REALIZATION & HEALING

OCTOBER 24 - 26, 2018 10:00 AM to 6:00 PM

**Highest Good For All - starting with self.
both counts ..
'Them' and 'Us' .
We are all the One.**



Heather Bruce is Transformative Energy Body Worker and the Founder of **The Gentling Way**. Over the last 40 years clinical and life experience have given Heather a vast sea of knowledge - where she now teaches and mentors those who seek her out into soul centered heartfelt hands – on beingness
www.heatherbrucehealing.com

During this retreat we will explore:

- R.I.C.E
 - R: Responsibilities as a healer and what that means
 - I: Intentions for your own health and future
 - C: Commitment to your life, practice, health...
 - E: Expectations: healing will trigger pockets of pain. How do you manage for yourselves and your clients?
- Blockages that are holding you back from living your best life
- Self care practices that you can utilize to shift your health
- Becoming a clear channel in order to be fully present for your clients
- Learn tools to heal your pains to assist yourself and others

Embark on this spiritual journey to open and bring forth your healing gifts into your life and practice.

This class is the gateway course to become a Gentling Way Practitioner and a prerequisite for **Living Ligaments I**

This course will teach you the practical movements to release ligaments, realign structural imbalances, heal diastasis, reposition visceral organs, untwists rotated pelvises, releases congested sacrum, and benefits all pain, gynecological, pelvic, digestion and lymphatic issues.

Investment: \$600 for Gentling Way Self Care Retreat

This includes: Love Yourself Better & Self Discovery Online Courses

ONLY an Additional \$1000 for Living Ligaments I Course

Payment Plans Are Available

SIGN UP HERE

More info: Carine hello@carinecamara.com **Tel:** 323 337 4887

Location: 185 Center Ave, 2nd fl Westwood, NJ