

What's My Body Trying to Tell Me?

An Experiential Workshop with **Elaina Geltner**

Starts Wed, Feb 25th

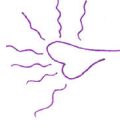
- Explore the Body-Mind-Spirit Connection
- Dialogue with organs, muscles and tissues
- Listen to and understand the body's symptoms
- Discover ways to meet the body's real needs
- Activate the body's innate ability to rejuvenate and heal
- Learn tools for yourself and others

Cost: \$20

Location: SLO Adult School, Room H-3
3 Wednesdays, 6:45 to 8:45, Feb 25, Mar 4,
Mar 11, 2009

Pre-registration required!

Registration details: call 549-1222 or visit
<http://ae.slcsud.org/pages/registration>



Our heads like to say lots of things, but our bodies don't lie. Illness, disease and chronic symptoms are ways our "body-mind" can get our attention. Think of all the body metaphors common in our language: "he's a pain in the neck, I'm aching to tell her, carrying the world on our shoulders, choking back feelings." In the workshop, we will learn to slow down and listen to what the body is trying to tell us. We spend millions of dollars as a culture trying to get rid of symptoms. Imagine

EMBRACING the symptom instead of trying to get rid of it!! Body symptoms are often clues to energy wanting to move, past life traumas, etc. The body is an amazing instrument. We will explore ways to listen and to interpret its communication.

Appropriate for practitioners, caregivers and personal healing.



Elaina Geltner is the Co-Founder of QuietStar Center for Transformation. An Intuitive Healer, massage therapist, teacher and writer, she has been assisting people on the spiritual path for over 25 years. She has developed Soul Path Alignment™, a process that uses guided visualization, vibrational healing, inner dialoguing, essential oils, sound and yoga to connect with our Higher Selves to illuminate our purpose and facilitate its manifestation. She can be reached by email: Elaina@QuietStar.com or by calling QuietStar at 783-2662. Please note special location/registration for this workshop above!!