

**Donna Somerville presents:**

# Emotional Bodywork Workshop

**O**ur world is changing and growing in many different directions, seemingly all at the same time. This can cause us to react, and OVER react, differently to different stimuli.

**Ever wonder why?**

**E**motional **B**odywork can provide some of Your answers.

**W**e are, more than ever, needing ways to maintain balance in our lives, and clarity in our mind.

In this course You will develop effective techniques to help Your Self or a client to access, clear and bring back balance and peace.

This Workshop is an experiential, hands on exploration of the Your inner world .

Using Body **Symbology, Intuitive Connection, Visualization and Story Telling**, we will explore the place where all the answers lie

**- Not the Mind, but the Physical Body.**

A wonderful addition to Massage, Reiki, Therapeutic Touch or any energy/body work modality.

Develop Your ability to “see” into the physical body, to be directed by the physical body and create a place where release and a return to balance, can take place.

**Saturday August 28<sup>th</sup>: 9:30 am to 5 pm.**

**Sunday August 29<sup>th</sup>: 9:30 am to 1 pm.**

**Cost: \$140, taxes included.**

**Class Size: Intended to be 6 people max.**

**Where: My Home, Waasis, NB  
( 20 minutes south of Fred'ton)**

**To register contact: Donna Somerville  
506 357 7007 or [donnasom@nbnet.nb.ca](mailto:donnasom@nbnet.nb.ca)**



**Donna Somerville**  
Spiritual Medium  
& Facilitator

**NOTE:** Also available after the course, is an **Apprenticeship for Practitioners** at no extra cost. For those who seek practice, we can set up volunteer clients; we will work together; these are practice session for those who want to incorporate Emotional Bodywork into their own practice.