

A one day workshop introducing

CranioSacral Therapy

facilitated by **Betsy Mustard, PT**



Experience **CALMING STILLNESS** for yourself and your loved ones through a gentle, hands on approach to enhance wellness.

Take a leap to dare greatly, to be vulnerable and trust in your innate abilities to connect deeply with others.

Effective for headaches, back and neck pain, including nerve pinching, joint problems, digestive issues, bowel and bladder troubles, learning difficulties and so much more.

Betsy is a Physiotherapist with 40 years experience, mostly in Neuro Rehabilitation, including a Master in Neurophysiology from U of C. 30 years doing Craniosacral Therapy (CST), visceral work, lymphatic drainage and brainwork, somato-emotional release work and pediatric CST treatments.

Betsy has now been practising CST in Calgary for 22 years, teaches one day workshops, and assists for all levels of courses for the Upledger Institute.

Location:

Haysboro Community Centre,
1204 89 Ave SW, Calgary, AB

Date & time:

Sunday, May 10, 2015
10:00 - 4:00p (Please bring your Lunch)

Investment:

\$150. (includes BeCalm Balls)
Dr. Upledger's Book "Your Inner Physician and You"
will be available for purchase \$25



To Register:

Rhonda Bleau (403) 681 3439
info@wellnesswithrhonda.com
Cash -- Cheque -- E-Transfers

