

Stress Buster Weekend

**Life changing practical exercises for
managing stress and improving stamina.
Greater health and well-being will positively affect
you and all of your relationships.**

**12 Ceu's available for
Licensed Professional Counselors & Massage Therapists
Highest Intentions: Provider #1648
Richard White: MT7188, MI2575, CE1538
(Visit our website for an ongoing schedule of upcoming CEU classes)**

Stress Relief / Self-Help Self-Empowerment

*Techniques for anyone wishing to
achieve a higher state of energy,
well-being and self-awareness.*

Saturday Class: Focusing on the energy systems within the body. Exercises for greater energy and vitality emphasizing the many aspects of Energy Psychology and their application.

Sunday Class: Standing Qigong form for the clearing and cultivation of energy. Includes instruction in 9 Breath Method to accelerate the overall energetic experience and to saturate the body with oxygen, life's natural healer.



**APRIL 28 & 29
9:00AM - 4:30PM
6 CEU's SAT. / 6 CEU's SUN.
\$75.00 FOR 1 DAY
\$125.00 FOR BOTH DAYS
(CLASS LIMITED TO 30 STUDENTS)**

Classes are held at the Highest Intentions Studio located in the River Hills Mall (next to JC Penney's).

For more information or to pre-register

**Pre-Register
online or
by phone**

**Highest Intentions
Diane & Richard White**

895-5577

**All Major
Credit Cards
Accepted**

www.highestintentions.com