

Workshop: “The Art of Health Building”

Harnessing the body’s energy systems for health & healing

- Gain life-shifting insights for vitality & well-being
- Learn how to restore & maintain health (body, mind & spirit)
- Appreciate the significance of involving the ‘whole self’ in the healing process
- Discover techniques for self-healing – tools for daily practice

This is an opportunity for deeper awareness & transformation into lasting well-being

Building Blocks (Outline of Program)

1. Understanding the Nature of Energy
2. Working with the 5 Elements (Earth, Water, Fire, Air & Ether/Space)
3. Optimising Nutrition & Diet for Elemental Balance
4. Improving Digestion & Elimination
5. Balancing the Nervous System to address Stress & Trauma
6. Integrating the Body’s Systems, Structure & Function
7. Focusing on Mental, Physical, Emotional & Spiritual Integration
8. Stretching & Exercising for Holistic Health
9. Applying Polarity Principles to Facilitate Healing
10. Balancing Energy for Intelligent Body Function

This Program is facilitated by Glenda Frances, Therapist & Coach - based on the ground-breaking work of Dr Randolph Stone, Author & Founder of Polarity Therapy.

For enquiries or to register your interest - Contact Glenda Frances via email –
glenda@appliedvision.com.au or mobile – 0417 653089.

The Program is delivered at various times of the year for 4 days 9 am to 3 pm
each Saturday for 4 weeks. The location is Sawtell.

Participant numbers are limited to 6. Dates & Venue will be provided in course confirmation.

The ‘early bird’ price of \$250 paid in full 2 weeks prior to commencement of the program. Alternatively, \$80 at the commencement of each day for duration of the program (Invoices will be provided & prices quoted are GST free. Light refreshments are included in the price for 2 off 15 minute breaks during the program. Purchase of a comprehensive Manual produced by Julie Collet of Weaving Sacred Webs is optional at a cost of \$80. Please advise if you wish to purchase a Manual 2 weeks prior to commencement of the workshop so it can be ordered & printed.

“We are Physical Matter and have a physical body: What we eat & drink,

we become physically.

We are Emotion and have an emotional body: What we feel and sense,

we are emotionally.

We are Mind and have a mental body: What we think and dwell upon, we are mentally”

Quote by Dr Randolph Stone from “Health Building...the Conscious Art of Living Well”