

A unique one-day course to assist you and your family achieve better health and fitness.



Five simple energy-based techniques to stimulate the body's own ability to regain and maintain a healthy body and mind.

Some improvements noted after performing the Access routine:

- *I am more able to cope with my busy day*
- *I have so much more energy and feel more focussed.*
- *It's much easier to maintain my fitness and old injuries give me less problems then before.*
- *None of us get sick as easily and allergies are more controlled.*
- *My children seem to learn much faster, with less stress*
- *My headaches and back pain have almost disappeared*
- *My doctor can't believe how quickly I am recovering after surgery.*

The BodyTalk System is a simple, effective and safe form of energy medicine health care. Since 1995 BodyTalk has rapidly expanded into 36 countries simply due to the outstanding results it achieves. For more info: [www.bodytalksystem.com](http://www.bodytalksystem.com)

#### Workshop Details:

**Facilitator:** Sharon Gelber  
(Occupational Therapist, BodyTalk Access Trainer, BodyTalk Practitioner, Brain Gym Instructor and Kinesiologist)

**Date:** Sunday 18 May 2008  
**Time:** 9:30am - 5pm  
**Cost:** \$150 (including manual)  
**Venue:** Montessori Works Pre-school, 469 Malabar Road, Maroubra

For bookings contact Sharon Gelber: 0405-026.183  
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#### Health empowerment in a 10 minute daily routine

On completion of the course you will have:

- A thorough understanding and ability to perform the techniques in a 10-minute daily routine.
- Knowledge of how to use these techniques for emergency situations, restore mental focus, boost the immune system, reduce stress & balance the body.
- A comprehensive manual of these techniques
- A simple & natural method of assisting the body's own ability to heal itself, addressing many common ailments.

