

Body TALK



My purpose in offering you **BODY TALK**

Body Talk is being created for those of you who desire to explore how you talk to your body and it's overall effect on your **self-image** and **self-esteem**. We will address **body-being communication**, where in your body you hold concepts like **anger, competition**, and negative **self-talk**, maybe a little **self-loathing** and **self-love**. We will also explore how the body, mind and spirit communicate with food, the mirror, other women and men and more. Is this your class? Are YOU being called to join others who are ready to shift their *Body Talk*?

Details of the class

Participation

To serve your growth, each *Body Talk* class is limited to 14 people and will be five months in length. Students with a completed registration form (incl non-refundable deposit) will be selected. Due to the nature of this course, it is possible that multiple classes are in session simultaneously. Dates for your class are selected when the next 14 registrations are received.

Session Structure

Each monthly session will be held on Saturday and Sunday from 9 am to 5 pm. Each day is packed with activities to gain the maximum 'shifting' opportunities for each participant. You may look forward to fun and exciting assignments both during and between sessions. To assist you with your personal growth between sessions, a monthly 20-min '*energy check*' is encouraged and *included* with your tuition. Breaks will be provided throughout the day. Participants are encouraged to bring '*healthy*' choices to share. A lunch break will also be scheduled daily.

Tuition

Tuition will be \$975 for the class and includes one '20-min *energy check*' between sessions. A non-refundable deposit of \$75 will accompany your registration; \$525 will be due the first session with the remaining \$375 due by the third session. (Ask about a reduction in class fee if paid in full)

Mail completed registration to:

If you are called to participate in *Body Talk* mail your completed registration to:

Rev. Nadine...1002 Emigh Street, Fort Collins, CO 80524. If you have any questions please call 970-472-0828 or 970-443-2541 mobile.

Rev Nadine is a licensed Minister, spiritual counselor, healer, teacher, Certified Nutrition Specialist and published author. In addition to 22 years of teaching experience, Nadine brings her own lifetime of growth, self-awareness and self-love to her workshops. She is also available for Spiritual Counseling, Chakra Readings/Alignments, Aura Readings/Healings and Intensive Hands on Healing work.

This is not therapy, rather a self-motivated group process of self-discovery/actualization