



## March 2010 Calendar of Events

HEALTH, VITALITY AND COMMUNITY

### Throughout The Month Of March **FRIENDS AND FAMILY MONTH!**

*Give your Friends and Family the Gift of Renewal.* Serving and inspiring you, your family, and your loved ones, to transform your life, realize your vision, and reach your fullest human potential. We are so certain our approach will make you healthier, that we will give you \$150 in services for \$20, so you can experience our unique method at a low cost! We will donate your \$20 to help families in our community who are recovering from different forms of cancer and leukemia, so we can give back to our community. The service includes: A consultation, a network spinal analysis evaluation, your first gentle Network Adjustment, and a follow-up visit, which includes a Report of Finding and a second Network Adjustment. To participate, appointments must be scheduled in advance. Call today, to schedule your appointment. Openings are limited.

### First Tuesday Of The Month 7PM **WELLNESS BASICS: SPINAL CARE WORKSHOP**

In the *Basic Care: Spinal Care Workshop*, you will learn about **Network Spinal Analysis™**, the Levels of Care, and the goals and expectations of Level 1: Basic Care. You learn how the spine works biomechanically and the proper biomechanics of lifting. You will learn how to do exercises to reduce stress in the workplace and how to participate more fully in your healing process. You will learn good habits about the do's and don'ts of spinal care. We will demonstrate how to prepare your spine for sleep, as maximum regeneration and recovery of the spine happens mostly when you sleep. *Please contact us for more information.*

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## First Saturday of the Month

### PEACEFUL PLAYGROUP FOLLOWED BY COMMUNITY POTLUCK 10AM-12PM

Laura Seipp of the Robert Muller Center for Living Ethics, North Texas Peace Learning Center and GEMUN - Global Elementary Model United Nations, facilitates play and peaceful expression for children under 5 years old and their parents. *Love donations will be accepted.*

### 12 STAGES OF HEALING WORKSHOP 1pm-4pm

Dr. Jasmine Therese Esguerra and Karla Pereznegron lead a powerful intensive *12 stages of Healing* workshop.

Connect to your 12 rhythms of consciousness  
Experience the power of the healing process  
Learn how to apply these tools in your daily life

Inspired by Donny Epstein's groundbreaking book, *The Twelve Stages of Healing*, you will explore the **Four Sacred Seasons** of the healing journey. DISCOVER how moving away from pain results in separation and how to use the energy that has been separate in you to TRANSFORM your actions and life. Understand the invisible forces that shape your life and destiny and AWAKEN to the experience of the fabric of creation. INTEGRATE the strategies you will learn into the life you are choosing to create and sustain lasting change.

## Third Tuesday Of The Month 7PM

### INTERMEDIATE & ADVANCED CARE: TEAM MEETING

Time for Education and Sharing, topics include:

- Goals and expectations of each level of care
- Healing vs. curing
- Retracing, and perhaps feeling "worse" in Level 2
- Positive quality of life changes, greater wellbeing
- Demonstration of Network Adjustment: identifying the different responses seen in Level 1, Level 2, and Level 3 of care

*Please contact us for more information.*



Third Saturday of the Month 5PM

## **MONTHLY COMMUNITY POTLUCK & GRATITUDE SOUL JAM**

Celebrating wellness in community is the highlight of living well. Join us monthly to enjoy and learn how to make gourmet living foods with our chef Brett Thompson. Taste our teams favorite home made dishes, and home favorites from members of your Pure Wellness Community. Meet our Hawaiian Hula Dance group, Meditation & Yoga Community and enjoy a drum, sing, dance and silence ceremony. Family friendly!  
*Bring a Friend!*

