



Detoxify, Re-Energize, Re-Vitalize and Re-Program Your Life



AcuDetox helps release toxins from your body allowing you to release emotional baggage that no longer serves you, improves your energy level and increases your vitality and overall wellbeing.

AcuDetox is practiced worldwide according to the NADA* 5-point protocol. This program is helpful for anyone suffering from depression, anxiety, addictions and other afflictions. It is performed in a group setting for greater impact on energy flow and sense of wellbeing.

**National Acupuncture Detoxification Association*

Self-Care Investment:

- Private session – \$45 per person – per session
- Group Session: – \$25 per person – per session
- Private coaching sessions are also available for an additional fee of \$75 per hour.

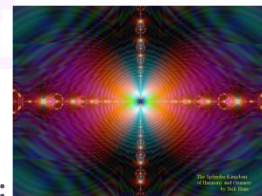
REIKI is a powerful energy-balancing treatment that increases vitality and provides an overall sense of peace and wellbeing. The treatment is a no-touch one – the practitioner’s hands “hover” over specific areas of the body while the person is lying quietly and fully clothed on a massage table.



Self-Care Investment:

- 30 minutes – \$50 per session
- 60 minutes – \$75 per session
- 60 minute + a 30 minute Coaching Session: \$115 per session

INTUITIVE ENERGY BALANCING incorporates crystals, gemstones, color and REIKI to release toxins and blockages and recharges the body’s energy centers with insights, clarity, focus and a feeling of wholeness. This is done while the person is lying quietly and fully clothed on a massage table.



SELF-CARE INVESTMENT:

- 30 minutes – \$50 per session
- 60 minutes – \$75 per session
- 60 minute Treatment + a 30 minute Intuitive Coaching Session – \$115 per session



Aromatherapy & Herbal Natural Products (Making your own)

AROMATHERAPY FOR STRESS RELIEF & BEYOND shows you how to blend oils and guides you through aromatherapy's simple, yet highly effective techniques, such as massage, hand and foot baths, and inhalations. Learn about the relaxing and restorative qualities of lavender and the uplifting qualities of citrus oils and rosemary.

In this **WORKSHOP**, you will learn proven recipes that encourage deep and relaxing sleep, promote a sense of calm and wellBEing, heighten sensuality and invigorate the body.

Aromatherapy ... for instant relief of tension, immediate renewal of energy or general enhancement of your mental, physical and spiritual wellBEing.



NUMERology is about deciphering numbers and the value of letters as codes to interpret healing messages at the physical, psychological and spiritual levels. This approach is based on traditional numerology, the Hebraic letters, and the use of the

principles and practice of Metamedicine. Discover your Life Purpose and understand your Life Path. Add your astrological sign with the power of your name to increase success in life. Energy balancing and reinforcement exercises are provided to enhance results.



NUME Workshops and Personal Profiles are helpful aids in everyday living – for career planning and finding valuable and rewarding employment, selecting a life partner, understanding your children and loved ones, and finding personal fulfillment.

- **Self-Discovery Investment: \$65 per hour**
- **Workshop (3 hours) \$155 per person**



SOUND WHEELS FOR POWERFUL HEALING,



CREATIVITY AND ABUNDANCE

Sound wheels are powerful tools for healing because they create vibrational energy whereby wisdom and solutions are found in response to challenging situations, physical symptoms, medical conditions and visceral reactions of fight, flight or freeze reactions known as fear, anxiety or panic. Sound wheels are vocal expressions of sound based on the mystery of language. Sounds wheels allow the afflicted individual to reframe the situation or dis-ease.

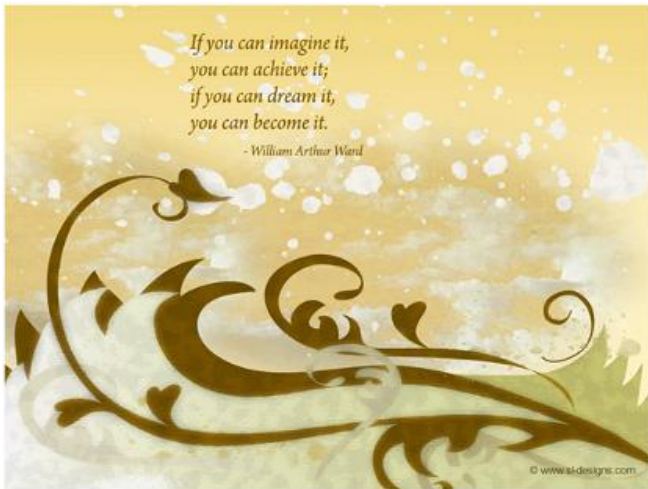
This powerful **workshop** can help you **find the wisdom behind the words and lead you to powerful healing, powerful creativity and abundance** in every aspect of your life.

- **Self-Discovery Investment: \$65 per hour**
- **Workshop (3 hours): \$155 per person**



PRIVATE CONSULTATIONS & COACHING SESSIONS

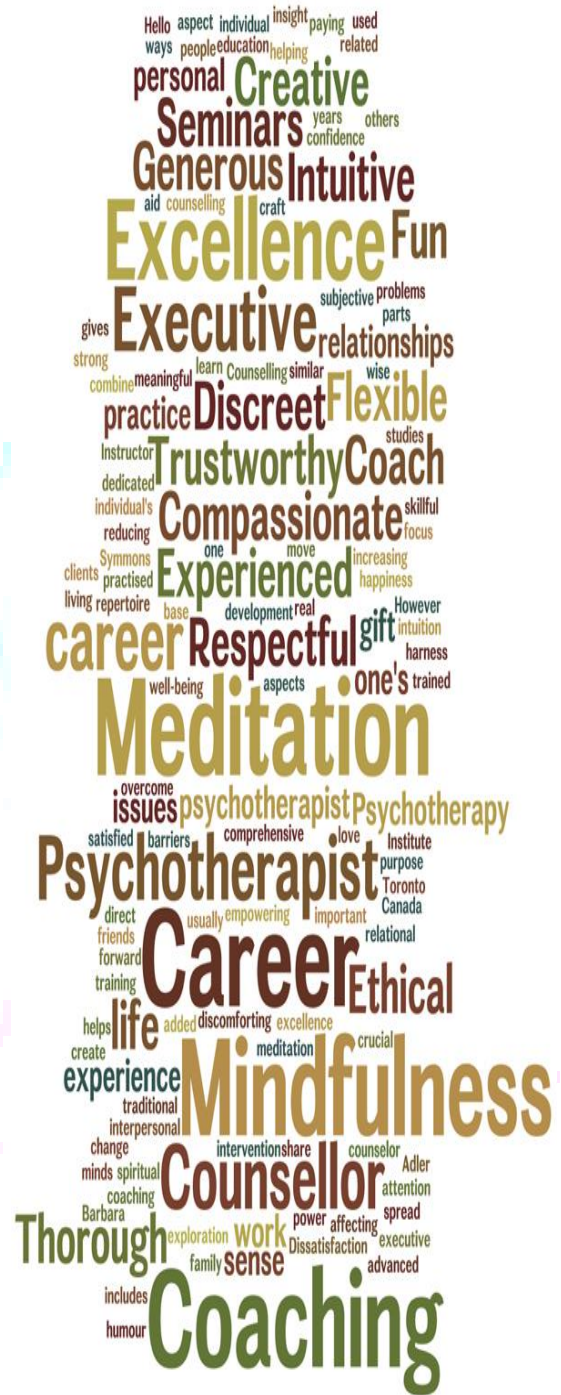
Self-Care is the best investment for you, your family, and for your work. Only when we are “in the flow” of life can we be of service to others. Self-care is not about being selfish... it’s about taking care of ourselves first in order to better take care of others.



Coaching is an effective tool in many different areas of life such as:

- Finding Meaningful Employment
- Choosing the Best Training Option for YOU
- Career Planning and Re-Orientation
- Creating a Spiritual Business
- Becoming an Entrepreneur or Self-Employed
- **Metamedicine & JourneyWork** help you uncover the hidden meaning of your behavioural reactions, physical symptoms, emotional issues and-or spiritual crises and lead you to draw wisdom from each and every life experience

Self-Care Investment: \$75 per hour





The Intuitive Art of Spiritpainting®



Universal Love – 2012 (Nicole Bellehumeur)

Spiritpainting® will help you :

- Discover your True Nature
- Tap into your Creative Genius
- Express physically what lies deep within you
- Learn the language of metaphors and symbols
- Raise your awareness
- Expand your consciousness
- Discover your Life Purpose
- Find direction in your life
- Develop your intuition
- Connect with other like-minded people
- Learn the secret language of color and symbols

INITIATION TO SPIRITPAINTING®

In this workshop, you will learn the basic method of Spiritpainting®. A guided meditation will allow you to contact your Creative Genius and complete two paintings using Healing Colors and the Chakra Energy System. The interpretation circle will allow you to interpret the colours, symbols and messages that have emerged in your paintings.

No prerequisite or art background necessary.

Investment: 145 \$ per person

(a 50 \$ deposit is required at time of registration)

SPIRITPAINTING® ON CANVAS

In this interactive advanced workshop, you will learn how to paint on canvas and create a Mandala and a Polarity painting. You will also learn to how stretch your paintings, ready to frame them or have them framed.

The interpretation circle will allow you to interpret the colours, symbols and messages that have emerged in your paintings.

Investment: 145 \$ per person

(a 50 \$ deposit is required at time of registration)

Workshops are given in both **English & French** at Coraleme Healing Arts & Coaching Centre in Orléans, Centre Action-Santé in Gatineau (in French) and at the Integrative Health Clinic in downtown Ottawa.

No art background is required... just an open-mind and a sense of wonder and curiosity about LIFE!