



## Sacred Circle Weight & Health Balancing Workshop

**Wicked FUN FACT:** The wisdom shared in this workshop is balancing for your health; whether you're inviting in:

- weight loss,
- weight gain (yes, my friends, I have clients working to actually gain weight. Mind blowing, right?), or
- the self-healing of any health & wellness concern.

### Full Disclosure Here...

- this is NOT a silver bullet, “gonna fix all my issues” in one workshop, SO if you think you will:
- walk in
- participate in a 3 hour workshop
- go home and shed 2 pounds daily until 6 months from now you are at your body's best weight for you (and that's not necessarily the Twiggy archetype, am I dating myself?!) Then this workshop is NOT for you.

### What this workshop IS:

- a journey of new beginnings to invite you to invest in your long-term self-healing
- an immersion into Body-Mind-Spirit release for healing and body weight & health rebalancing
- body = physical health / mind = emotional, mental, intellectual health / spirit = energy body health (think aura, chakras, nadis / meridians, etc. If these are foreign words to you, not a problem!)
- breath and vagus nerve movement to support developing awareness in body-mind-spirit
- getting real about your body's actual nourishment needs to be gifting it just what it needs for vitality
- acupuncture in savasana to support moving energy into the shift of awareness
- When you become Aware of what keeps you in the *overweight mindset*, and your body is listening & responding, you can choose to do live differently.



### [More Info & Sign Up Link](#)

Paula Youmell, RN, Wise Woman Nurse®

I am a NYS Licensed RN and Health & Physical Education teacher trained in Functional Medicine, Herbalism, Yoga, & Energy Medicine with 37 years of experience in Natural Health.

[www.PaulaYoumellRN.com](http://www.PaulaYoumellRN.com)