

Ron Bass presents ...

Solutions for Living a Happier Life in the Modern World



Self-Care

Acupressure

Seminar & Workshop

**Learn how to take responsible for Self-Care
with hands on techniques to relieve Stress, Pain and Fatigue
... to Boost Vitality & Zest for Life!
Gain Self Empowerment!**



"I highly recommend this seminar. The insights and understanding Ron brings is fascinating, so useful, easy to remember and apply"

Melody, Transformational Life Coach, Gold Coast

In this Self-Care 'Acupressure Course you will also learn how to:

- * Assess your own signs and symptoms for self care
- * Self massage lymphatic reflex points (to facilitate cleansing)
- * Integration exercises (enhance relaxation, creativity, intuition, intelligence)
- * Stretching techniques (to improve posture, breathing, relaxation and vitality)
- * Emotional Integration (to help resolve issues & create clarity)
- * Flick the switch from stress to success (achieve results easier)
- * Consciously create desired goals (overcome victim mentality)
- * Use Mudras, Mantras and Marma points (for relaxation, boost vitality)
- * Chakra Transformation (raise awareness and consciousness)
- * 'Hands-off' remote techniques ... & much more

**Beat the 'Beached Whale Syndrome' ... don't leave it for others to save you!
Don't be a victim of circumstance ... take responsibility for self care - SAVE YOURSELF!**



Your presenter: Ron Bass

fully qualified, accredited, registered & experienced Naturopath & Remedial Therapist.
... highly acclaimed Wellness, Lifestyle, Self-Development & Transformation Coach,
over 30 years has facilitated thousands on the path of wellness, self-development and
transformation through private consultations, seminars, workshops, and courses.

Date: 10am to 4pm Saturday 9th November 2019

Venue: at Burleigh Heads on the glorious Gold Coast, Queensland

For more details and bookings go to:

www.RonBass.com