Solutions for Living a Happier Life in the Modern World



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!



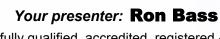
"I highly recommend this seminar. The insights and understanding Ron brings is fascinating, so useful, easy to remember and apply"

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!



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