



NEXT STEP HOLISTIC HEALTH CONNECTION  
PRESENTS:

## A Restorative Experience for Professionals seeking

These events and breakout sessions are designed for you to experience growth, resilience and balance of your mind, body and spirit through our innovative and effective wellness techniques.

Cost for retreat is \$125.00 per participant.  
Snacks will be provided.

To register call 727-3799 or 899-0143

Registration deadline Oct, 28



A  
Spa Day

for

Growth- Resilience-Balance

of

Mind -Body-Spirit



November 3rd-4th,  
2017

NEXT STEP

HOLISTIC HEALTH CONNECTION  
1626 6th Ave N. Great Falls, MT 59401

## De-Mystifying Mindfulness

**\*Wanda Diekhans**

What does it mean to be mindful in today's fast paced life? Do I have to be a monk on a mountain to achieve mindfulness? Wanda will be your guide to incorporating mindfulness practices into your daily routine.

## Balancing Your Energy

**\* Medora O'Connor**

Learn to strengthen your personal energy level, protect yourself from others' negativity, stop a headache, & use your body's acupressure points & meridians to maintain human & pet health. Medora will show you 2 different ways of muscle testing that you can use for yourself & others.

## The Art of Saying "No"

**\*Kathleen Hall**

We all have the same 24 hours in a day, do you spend your hours on what truly matters?

Kathleen will share techniques and resources to help you to identify what you value most, and then to protect the time you are given.

## Sacred Rings

**\*Wanda Diekhans**

Developed by Norm Shealy, M.D., PhD, the sacred rings is an autogenic training technique which changes attitudes and reduces stress through self regulation using acupressure point on the body and positive messages. Wanda will instruct you in this technique.

## EFT for Stress and Anxiety

**EFT for Unhealthy Cravings**

**\* Tracy Johnson**

Emotional Freedom Technique or "Tapping" combines Eastern Acupressure with Western Psychology to relieve stress and anxiety, allowing it's users to overcome emotional obstacles and easily eliminate unhealthy cravings.

## Feng Shui & Dowsing for Success at Home and at the Office

**\* Medora O'Connor**

The energy of our environment can support us or weaken us. Make your own dowsing rods to find personal negative spaces in your home or office. (Supplies provided) Which way should your bed be placed for the best sleep, what 4 best directions support your personal success, how to use those directions, and more.

## Icons of intuition

**\*Tracy Johnson**

This fun and easy art form uses collage to access the participants' own sacred intuition and to create a card that honors an aspect of the soul. This activity will help you to practice greater self awareness and self acceptance. See our Facebook page to look at examples of this art.

## Qi Gong

**\* Wanda Diekhans**

Wanda will teach you how to do this simple and powerful 8 minute energy routine which will boost your energy level, and stimulate your immune system.

*We will have a small shop selling healing teas and handmade gifts from local artisans.*

## FRIDAY

4:00 pm

Opening- Living Life without Apology

5:00 pm

Wine & Cheese Reception

## BREAKOUT

6:00 pm

De-Mystifying Mindfulness

EFT for stress and Anxiety

The Art of Saying "No"

Balancing your Energy

7:00 pm

Sacred Rings

Icons of Intuition

Feng Shui & Dowsing

## SATURDAY

8:00 am

Good Morning Coffee, Fruit and Muffins

## BREAKOUT

9:00 am

Qi Gong

EFT for Stress and Anxiety

Balancing your Energy

10:30 am

Sacred Rings

EFT for unhealthy cravings

The Art of Saying "No"

Feng Shui & Dowsing

12:00 noon

Lunch Break- on your own

## BREAKOUT

1:00 pm

De-Mystifying Mindfulness

EFT for stress and Anxiety

Balancing your Energy

2:30 pm

Sacred Rings

The Art of Saying "No"

EFT for unhealthy cravings

4:00 pm

Feng Shui & Dowsing

Icons of Intuition

5:30 pm

Closing- Putting it all Together & Guided Meditation

Register for this event at Next Step Holistic Health Connection by calling (406) 727-3799 or (406) 899-0143

Learn more about us on Facebook!

<https://www.facebook.com/Nextstephhc/>