

# Natural Health and Wellness

## Ten Week Introductory Series

Saturday Morning from 10:00 to 12:00 am

Start Date: Saturday October 3rd

*with Darren Renaud*



- *Are you interested in natural health therapies?*
- *Do you want to learn natural ways to compliment your wellness?*
- *Are you looking to take a more active roll in your health care?*
- *Are you curious about natural health systems such as Ayurveda, Traditional Chinese Medicine, Specialized Kinesiology and others?*
- *Are you curious why you crave sugar or salt or other foods*

Then this twelve week course is for you. For 2 hours a week we will introduce you to, and give you a foundation understanding of some natural health and wellness practices, and information on how to eat, move, and be healthy. You will learn proven tools to help you improve your strength, health, and vitality.

*Here are some of the study areas, and topics that we will be covering:*

<p><b><i>Eat, Move &amp; Be Healthy</i></b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Why diets don't work</li> <li>• Why are we addicted to certain foods</li> <li>• Why stress is keeping our pants tight</li> <li>• Why you are what you eat, and what they ate</li> </ul>	<p><b><i>Traditional Chinese Medicine (TCM)</i></b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• The Meridian System</li> <li>• Chi and your energy balance</li> <li>• Basic Chi-Gong exercise</li> <li>• Acupressure self care</li> <li>• TCM and life's changes</li> </ul>
<p><b><i>Specialized Kinesiology</i></b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Basic muscle testing to get answers</li> <li>• Balancing the 14 meridians</li> <li>• Food and Allergen testing</li> </ul>	<p><b><i>Ayurveda</i></b></p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• The Tri-Dosha system</li> <li>• What is your Dosha</li> <li>• Ayurvedic therapies at home</li> <li>• The Chakras</li> <li>• Your Chakra balance</li> </ul>

**To register contact: Darren Renaud at 752-0294**

Location: Ohana Wellness Centre  
Cost: \$160.00 plus gst



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