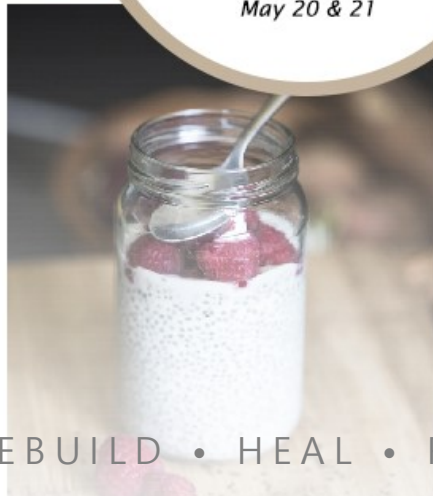




Spring Clean Body,
Mind, Heart & Soul!

The Flame of Wellness A Vitalizing Two-Day Retreat

May 20 & 21



— DETOXIFY • REBUILD • HEAL • REALIGN • EXPAND —

The Flame of Wellness ~ A Vitalizing Two -Day Retreat *Spring Clean Body, Mind, Heart & Soul* May 20 & 21 from 10:00 am — 6:30 pm Subud Center, 3800 Old San Jose Road, Soquel

In this fun, empowering and inspirational daytime retreat, we will **Spring Clean Body, Mind, Heart & Soul!** Join us as we strengthen our Hearts and Spiritual Centers, heal old wounds, deepen relationship skills, vision for the future and activate dreams. We will explore how emotions affect eating habits and learn about sugar and food cravings, detoxifying for improved health and how to satisfy nutritional needs with mindful eating. We will learn constructive organizational skills and gentle yoga stretches and also enjoy two extraordinary cooking classes!!

- The Heart & Flame of Love
- Spiritual Strength & Connection
- Healing Old Wounds & Patterns
- Loving & Sacred Relationships
- Conscious Creation & Empowerment
- Emotional Eating
- Understanding Cravings
- How to Detoxify for Greater Health
- Preparing Cleansing Foods
- Preparing Nutritious Snacks & Desserts
- How to Maintain a Healthy Diet & Lifestyle

- Gentle Yoga Stretches
- Creating Serene Environments

The Flame of Wellness will be co-facilitated by **Reverend Michele DeMoulin, RMT** and **Viviana Albarracin, HHC CNC**

Reverend Michele De Moulin, RMT & Founder of Fiamma D'Amore™ Institute & Ministries—
www.fiammadamore.org

Viviana Albarracin, HHC CNC
Holistic Health Coach and Certified Nutritional Consultant—www.vivianaalbarracin.com

Online Registration Price (before 5/15).....	\$120
Door Price.....	\$150
One Day.....	\$90

Healthy lunches and snacks provided.
See website for schedule & more information
www.fiammadamore.org/retreats2017
Phone: (831) 457-7788

*For more details, visit: www.fiammadamore.org