

幸福

What others have said

“Confidence in my dream of helping others heal.”

The mentors’ knowledge, experience, patience and love for this form of healing were truly inspiring. The experience and practice I gained from this class gave me the confidence I needed to move forward in my dream of helping others heal.

Sarah Brown-Mother of 8, Homemaker

“Invaluable”

“This class was invaluable and you need to go learn the info.” - Connie Carlton - Retired Computer System Administrator

“I liked seeing how to use the information in everyday life—really using and practicing the material. This is a good foundation of balancing work—everyone who has a desire or curiosity about “energy” work needs to attend this seminar. A.C. -Utah

“Foundations Developed”

“This was an excellent learning environment. I really got the chance to experience and understand the material. The material is organized and presented to create optimal foundations and connections using the class techniques.”

C. M.– SLC, UT-Ski Instructor

“It’s awesome. Try it you’ll like it.”

Phyllis Allred—Wife, Mother, Caretaker

“This is a class that will change your life and I encourage you to take it. I loved it. Debra Packer– Hypnotherapist, Biofeedback

“I definitely feel I can confidently put to use what I have learned.”

Mary Sagers-Artist, Visionary Mother

Enroll now for the 2 day course

**Sat June 22, 11am-6pm
& Tues June 25, 9am-6pm
in West Bountiful**
(details sent upon registration)

Tuition: \$250 (or \$225 if registered on or before June 15). A \$50 deposit will hold your space and early registration price! There is no pre- requisite for this class, all you need is a desire to learn.

Enrollment is limited, register early!

You may register online at:
www.MelanieLake.com

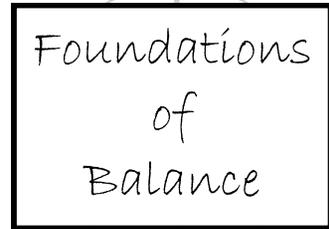
or

By mail:
Please make check payable to
Debbie Mohlman
1993 S. 900 E.
Bountiful, Utah 84010

For questions:
Phone: 801-295-1874
Email: DebbieMohlman@yahoo.com

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Take charge of your own health
by
joining us in



A 2-Day
Foundational
Kinesiology Class
using
**the Chinese 5 Elements &
the Meridian System**
with
Melanie Lake
Debbie Mohlman
Annette Chambers



Experience Balance

身体好

Benefits of this Course

- Learn simple, powerful procedures that work at home or in a clinic setting.
- Improve your posture, circulation, energy levels, and immune response.
- Develop a sense of being in charge of your own learning, health, and well-being. Enhance your learning ability and eliminate disabilities and blocks.
- Increase your personal and professional flexibility. Learn effective ways to work with challenging or unusual situations.
- Enjoy learning ways to eliminate mental, emotional, and physical stress in your life.
- Learn by experience and practice in class.

Please register me for the 2 day course

June 22 & 25, 2013 (see times on back)

I've enclosed my:

- ◇ \$50 Deposit (non-refundable)
- ◇ \$250 Full Tuition (or \$225 if registered on or before June 15)

Name _____

Address _____

Phone _____

Please make check payable to:

Debbie Mohlman
1993 S. 900 E.
Bountiful, UT 84010

Phone: 801-295-1874 (Debbie)
Email: DebbieMohlman@yahoo.com

Or register online at:
www.MelanieLake.com

The 2 day Foundations of Balance class will teach

- The skills necessary to use this Balancing System in your daily life
- Clearing/Centering
- 14 muscle-meridian massage
- Origin/insertion techniques
- 5 element acupressure
- How to locate and balance the meridians
- 5 Element Emotional Stress Release

This system of **Kinesiology** is an easy to learn, self-care balancing system designed to develop, maintain, and enhance personal health and energy. It is used to relieve stress, enhance learning ability and attention span, to eliminate pain and improve posture, and to increase health, energy, and vitality.

Balance is the natural state of healthy human beings. The brain is constantly adjusting the blood chemistry and regulating many functions in order to maintain an ideal balanced state. Posturally, we are aware that movement is much easier if the body is in balance. If muscles pull the alignment off to one side, walking can be difficult. If the neck is pulled too far forward, the shoulders and back may ache. This system has many applications. It can assist in restoring balance to muscles helping improve posture and coordination as well as bring balance to emotions and thought patterns.

Your 2 Day Course Leaders

Annette Chambers is a hometown Bountiful girl. She has 5 children and 16 grandchildren and a wonderful husband of 37 years. She is the owner of Massage for Women and has worked as a massage therapist for 12 years. It has proven to be a great blessing to her and many others. Annette is a Certified Touch for Health Instructor and teaches college level kinesiology classes. She is also certified under Dr. Joel Fuhrman, MD as a NET, Nutritional Education Trainer. Annette's teaching empowers you to remember and use what you have learned.

Debbie Mohlman began 16 years ago to search for answers to many health challenges including allergies, digestive distress & Chronic Fatigue. "As I learned about different healing modalities, I became fascinated with the realization that I could participate in my own healing. Foundations of Balance has been key in teaching me and helping me obtain more balance in all areas of my life. I'm excited to share the info. that has richly blessed me, my family, and others." Debbie also teaches yoga and meditation.

Melanie Lake has a passion for healing and has been a home school mother for her 5 children for 18 years. Melanie is a ball of enthusiasm and knowledge. She loves the process of learning and has thrown her passion into stretching and learning skills that support others in growth and opening. "This balancing system is an incredible system of healing. I think it is an excellent foundation to assist in building health, your own and others. I've used this system for 14 years. What a gift it has been to my children, family and clients."