



Deborah Myers Wellness



Restore ✿ Relax ✿ Rebalance
Tools for Resilient Healthy Living



easy self-help acupressure for kids and grown-ups

Creating Abundance

align heart, mind and body

Deborah Myers, founder and Director of Deborah Myers Wellness, is passionate about empowering others to live life in a balanced and healthy way. In her private practice as an Acupressurist and Jin Shin Jyutsu practitioner, she has assisted clients in their search for stress reduction, pain relief and healing.

Deborah's ability for empowering others through coaching and workshops, has helped thousands of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. Deborah's workplace wellness programs are bringing success and vitality to many businesses. She is the creator of a program designed to support the well being of children in the classroom and at home. It is also available as a program for grown-ups for work, home and life. Daily Clean Your House Flow™ kits include an animated video and companion book.

The recipe for bringing abundance into your life starts by opening your heart to what you want. Add in the practice of mindfulness. Top this off with body awareness — now you have a recipe for creating abundance.

When we allow ourselves to name what we want, we invite help from seen and unseen places. Mindfulness clears the way to focus and fulfillment. Paying attention to the wisdom of our bodies is something most adults have to relearn. Are you ready for change?

Come with me on a journey to activate your capacity for prosperity, focus, and fulfillment. You will come away with what you need to have the best year ever.

Tuesday, February 12, 2019, 6:30 pm to 8:30 pm

**Finley Center, Willow Room
2060 West College Ave. Santa Rosa, CA 95401**

Regular Tuition: \$99.00 **SPECIAL PRICE:** \$49.00

Ways to Register: **Call** Deborah Myers at 707.546.5692 to reserve your space.

E-Mail Deborah@deborahmyerswellness.com

Mail registration form with payment to:

2816 Hidden Acres Road, Santa Rosa, CA 95404

Online at <http://bit.ly/DMW-Mindful>

Send this form with payment to: Deborah Myers, 2816 Hidden Acres Road, Santa Rosa, CA 95404

First: _____ Last: _____ Phone: _____

Company: _____ e-mail: _____ Date: _____

Address _____

City: _____ State: _____ Zip: _____

Credit Card Type: _____ Acct #: _____ Exp Date: _____ CSV: _____

CODE: _____ Total Amount Enclosed: _____

If you are enrolling others, please provide their names and contact information