

Emotional Mastery with Deborah Cameron

2 Day Interactive Workshop

Ever notice how our emotions can take you over like a wave? Do you ask yourself...Why can't I shake this anger? Why am I yelling at those I love? Why does this feeling of sadness and anxiety seem to never go away when I really have nothing to be sad or anxious about? Do you feel like you are in a rut and can't seem to get ahead in life? Do you keep attracting the same situations over and over again? Do you have problems shaking extra weight even though you are not eating that much? Where do you turn for help?



Join Deborah for this very dynamic, interactive 2 day QiGong workshop to explore the relationships between your emotions and the vital organs of the body. Through QiGong techniques and her years of practical experience with her clients and students Deborah shares how you gain mastery over your emotions and teaches you tools on how to better understand the patterns of emotions and how imbalanced emotions can affect your health, relationships, career and life experience.

Through both private sessions as well as her two-day EM workshop, Deborah helps people to discover your Emotional Blueprint. Consider that certain emotions get passed down within families for generations; patterns whereby people blame each other, or harbour feelings of resentment blocking forgiveness, or perhaps, as is widely practiced, experience cycles of depression or anxiety. Whatever the reason for these negative emotions, the "blueprint" can most certainly be changed!

"What would you be without the "identity" you have apparently adopted – eg. playing the role of victim or martyr? It's all about freeing the person to reclaim their authentic self. When one becomes a "master of emotions", it is possible to follow one's dreams to create a different reality which is centered on healthy, happy emotions which do not support pain or other undesirable symptoms in the body.

Day One

Qi Gong principles & practice related to emotions and the vital organs
Getting in touch with your breath
Inner smile meditation
Exploration of your Emotional Blueprint
Warrior and maiden Meditation

Day 2

Warrior Maiden insights
Sourcing your Emotional Blueprint
Six Healing Sounds
Emotional Blueprint Evolution

Sat, Jan 21

and Sun Jan 22

Time each day: 10 - 4 pm

Rebuilding Relationships Center

110 Bearbrook Ave., Blackburn Hamlet

Free Demo - Lecture

Thurs, Jan 12

7 - 8 pm

Rebuilding Relationships Center

Registration Fee of \$380

Includes Deborah's Emotional Mastery CD

To Register Contact Deborah Cameron

(613) 979-7325 email: soletosoulholistics@rogers.com

Please visit the website for more details on the workshop

www.soletosoulholistics.com