



**THE RECONNECTION™
RECONNECTIVE HEALING®**

Pamela Beach
Reconnective Healing and Reconnection Practitioner™

Stouffville - 905-852-6440
For additional information, please visit
www.TheReconnection.com

What is Reconnective Healing?

Reconnective Healing is a form of healing that is here on the planet for the very first time. It reconnects us to the fullness of our beings and of who we are. It is considered to reconnect us to the universe and to our very essence not just through a new set of healing frequencies, but possibly through an entirely new bandwidth brought in via a spectrum of light and information. It is through the Reconnection that we are able to interact with these new levels of light and information, and thus able to reconnect. This is new, different, and real – and it can be entrained in each of us. The reality of its existence has demonstrated itself clearly in practice as well as in science laboratories.

The Reconnection is the umbrella process of reconnecting to the universe, which allows Reconnective Healing to take place. Everyone's experience with Reconnective Healing is unique. Healings are often reported in just one session, as was the case with me. Sometimes it takes a bit longer. If you're lucky your healing will come in a form you anticipated; if you're really lucky, in a form you haven't even thought of, one that the universe has in mind especially for you.

The Reconnective Healing process is the work of Dr. Eric Pearl, with whom I have studied. I have seen many amazing things change for people after receiving these sessions.

If you are interested in having sessions please contact me for appointments and to get Reconnected to be the best that you can be.

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Also Available: Traditional Facials • Eye Treatments • Gift Certificates.

Demo Sessions For Photo Light Therapy & Microdermabrasion
Fri., May 4th@10am, Sat., May 12th@1:30pm & Fri., June 8th@1:30pm
RSVP No Later Than 5 Days Prior To Date

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**Renew Body and Spirit at
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Spring is here!! With it comes a sense of renewal and cleansing both in the body and spirit. At Elements of Health we can take care of both! Massage has long been a source of pain relief and relaxation. One of the other health benefits is the increase in circulation to all joints and soft tissues helping the body to cleanse, detoxify and heal.

Yoga classes are now in full swing at Elements of Health. As a certified Yoga instructor Kendra brings her knowledge of body and movement to the essence of Yoga. Styles include: Yoga Flow, which combines breathing techniques and sequencing hatha yoga postures to work together; Asthanga Yoga, a series of stronger standing postures with sun salutations; and Gentle Yoga, focusing on restorative postures, slow and steady work suitable for those with active joint problems, injuries or relaxation and anxiety issues.

Classes are small in size - from 2-6 people at a time, allowing for a relaxed and friendly atmosphere while each time creating a class designed to fit the level of the participants.

Thai Yoga Massage is also available – a unique one on one stretching session addressing the body's stress points and incorporating gentle to firm passive stretching techniques.

Elements of Health Massage Therapy & Yoga Studio is located just north of 9th Line and Main St. Appointments are just a phone call away at 905-640-5768.

Group Health & Wellness talks, Private Instruction and Gift Certificates are available.

Elements of Health
Massage Therapy Clinic
Kendra West, RMT, MF Phys.

Yoga Classes For All Levels

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