

The WellMet Workshop

Deep Stress Release &

Tools for Lasting Peace and Joy

"I signed up for my first WellMet workshop more as an afterthought than a planned event. Looking back, I now realize that when an unexpected treasure like this arrives on your doorstep, it's kind of like having an angel gently tapping you on the shoulder and saying 'walk this way'. What a gift!" ...Ginny

"The techniques I learned from Deborah greatly helped me overcome the barriers to my healing. Deborah's warmth and steady guidance helped me tap into the deepest wisdom that integrates all levels of the being. You just have to try it and see the results for yourself!" ... Ananta

The WellMet Workshop is a 4-part experience. In Part 1, participants learn simple ways to enhance the flow of energy in their bodies, quickly correct a common energetic block to well-being, and achieve immediate stress and pain reduction through a simple breathing technique. Part 2 includes techniques to release both immediate and long-held anger, while creating and maintaining appropriate boundaries. Part 3 introduces techniques to release even the deepest guilt, resentment, and worry. Part 4 concludes the Workshop with participants learning a transformative Sanskrit chant, a deeply detoxifying Yogic breathing practice, and an ancient, profoundly powerful, meditation practice.

February 18th & 19th

9:30 am-5:00 pm

**Gossamer Wood
Healing Retreat
Center**

2235 Co. Rd. 28



WellMet creator, Dr. Deborah Gabriel, is devoted to helping relieve the physical and emotional pain that can seem an inescapable part of living. Deborah earned a PhD in Clinical Psychology, then certification in EMDR®, Thought Field Therapy® (TFT), Neuro-Linguistic Programming™ (NLP™) and (HBLU™). She next investigated traditional healing technologies from the East and spent more than a decade studying under the guidance of a world-renowned enlightened spiritual teacher. Deborah synthesized techniques from both East and West into easy-to-learn, easy-to-use daily practices to restores peace and balance and looks forward to sharing them with you.

Tuition: \$40.00 per segment; \$150.00 complete Workshop. Scholarships available.

For more information, or to register, email: info@wellmet.net, phone 585-857-WELL, or visit our upcoming website at WellMet.net