

# Be Your Own Healer

with Melissa Meader

A one day workshop to  
awaken your true Being.

- Break spells that have kept you small.
- Learn magic healing tools and techniques.
- Be Body and discover your deep intuition.
- Reclaim the most potent healing medicine.
- Own your greatness and heal your whole life.



Melissa has been engaged in the holistic health and healing arts since 1984. She teaches Freedom Style Yoga, trains yoga teachers to teach from deep intuition and teaches the transformative tools of Process Coaching. She is passionate about healing and has dedicated her life to healing and exploring.

September 21st Philo, CA  
10 am to 5 pm

We will have frequent breaks to move  
and stretch.

\$125 includes Process Coaching manual.

Freedom Style Yoga  
5:30 - 6:30 optional  
Bring a bag lunch.  
Tea Provided

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"If I want something to change the first thing I want to do is accept it as it is." ~ John Pateros