

RE-AWAKENING SACRED SPACES

STRUCTURAL REALIGNMENT INTEGRATION®

An in-depth workshop facilitated by Ginny Nadler,
author of *Spiritual Anatomy, Realigning Body and Soul*



SUNDAY, APRIL 22ND • 9AM - 4PM

This modality focuses on Sacred Geometry and realigns the body's structure anatomically. It awakens and connects to the deeper layers hiding the emotional stories embedded in the cellular memory, and resets the nervous system to receive a new energetic alignment. This introduction will take you deep into the pelvic floor, and is what Ginny refers to as, "the embryology of consciousness."

SOME OF YOUR TAKEAWAYS:

- Understand your pelvic floor anatomy as it connects to every muscle fiber in your body.
- Awaken the pelvic floor with specific stretches, finding the source of pain (hips, back, neck, knees and more).
- Release this tension and stress held within the body's structural patterns.
- Reveal where fear, anger, shame, guilt and trauma are stored
" Find your true "core" with your spatial senses emerging.
- Garner tools to support your awakening, and incorporate into your own practice and healing modality.

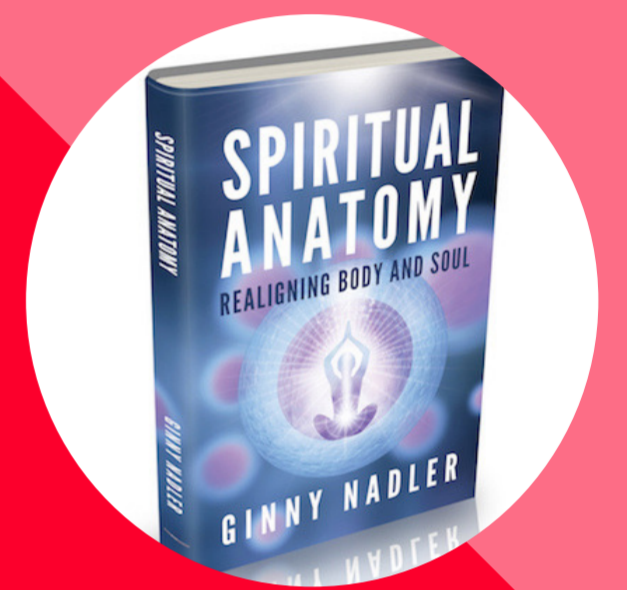
WHO WILL BENEFIT?

Everyone! Those who are ready to experience physical embodiment as an opportunity to become who you are meant to be.

Practitioners and guides in any and all movement fields, PT's, DO's, DC's, biodynamic CYT's, yoga students and teachers, pilates teachers, dancers and dance teachers, Trauma therapists, Medical and all health care providers, educators and anyone who is interested.

<http://www.corebodywisdom.com/>

If you have questions and or concerns about a specific physical challenge please call Ginny at **(216) 534-7571**.



WHO IS GINNY NADLER?

Ginny Nadler is the founder of Core Body Wisdom LLC, created to deliver the highest quality wellness initiatives and care to individuals, businesses, and health care organizations. She completed graduate studies in physical, medical and cultural anthropology, as well as Holistic Health with a focus on nutrition, which led her to seek more creative ways to discover where imbalance and distortion arises in human structure.

Insight Learning Center — Suite 112
25901 Emery Road
Warrensville Hts., OH 44128

Investment: \$125 (by 4.15.18)
\$145 (by 4.20.18)

For information:
(216) 765-4470
info@insight-wellness.com