**Welcome to our workshops!**



Here at Restoration Wellness we are so excited to share with you the knowledge and techniques that can help you unlock your potential and improve your well-being. Whether you are new to natural medicine or seeking advanced information about specific health concerns, our workshops offer a range of topics to cater to your needs.

**Oils 101 $35.**

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**Oils Made Easy   $35.**

For those new to essential oils, our "Oils 101" workshop is the perfect starting point. In just 30 minutes, you will gain a basic understanding of essential oils and their benefits, empowering you to incorporate them into your daily life.  If you are looking for a more in-depth exploration of essential oils  "Oils Made Easy" is designed to provide you with comprehensive knowledge and practical tips.

**How to Detox  $75.**

The “How to Detox” workshop will teach you how to reduce your toxic load benefits of detoxing your mind, body and soul, Ayurvedic methods for detox,  essential oils for detox, and the benefits of ionic foot detoxing.  This hour-long sessions will guide you through the principles of detoxification and teach you how to incorporate these methods into your  routine effectively.

**Lyme Intensive $150.**

For individuals dealing with Lyme disease or seeking to learn more about it, our "Lyme Intensive" workshop is a must-attend. In this two-hour session, we delve into the intricacies of Lyme disease, providing you with valuable information and sharing a one-of-a-kind protocol that I personally used to overcome Lyme meningitis. This workshop is a unique opportunity to gain insights and strategies for managing Lyme disease effectively.

**Unlock Your Potential  $75.**

Unleash your full potential and tap into your inner resources with our "Unlock Your Potential" workshop. Through a combination of mindset techniques, visualization exercises, and practical strategies, you will gain the tools to overcome self-limiting beliefs and achieve personal and professional success. Don't miss this opportunity to unlock the greatness within you using some profound NLP techniques.

**Releasing Your trauma  $75.**

Traumatic experiences can leave a lasting impact on our well-being. In this workshop, we provide a safe space for you to explore and release emotional trauma. We can will guide you through powerful healing techniques, empowering you to let go of past pain and embrace a healthier, more vibrant future. This is a journey of healing and self-discovery.

**Issues in Your Tissues  $75.**

Our bodies often store emotional stress and tension in our muscles and tissues. In this workshop, you will learn how to identify and release these stored issues, promoting physical and emotional well-being. Through a combination of movement, breathe work, and self-care practices, you will experience deep relaxation and release. Join us and discover the power of addressing the issues in your tissues.

**NLP & How it Can Benefit You  $75.**

Neuro-Linguistic Programming (NLP) is a powerful tool for personal growth and transformation. In this workshop, you will learn the fundamentals of NLP and how it can positively impact your life. Our facilitators will guide you through practical exercises and techniques that can help you overcome limiting beliefs, improve communication, and achieve your goals. Don't miss this opportunity to harness the power of NLP for your well-being.

**Dr. Mom  $75.**

As a mother, your role is crucial in maintaining the health and well-being of your family. In this workshop, we empower you with the knowledge and skills to become a confident and informed "Dr. Mom." Learn about natural remedies, holistic approaches, and practical tips to support your family's health. Join us and become the health advocate your family deserves.

**Naturopathic Principles at Home   $75.**

Discover the principles of naturopathy and learn how to apply them in your daily life. In this workshop, our facilitators will guide you through natural healing methods, dietary recommendations, and lifestyle practices that can support your overall well-being. Take charge of your health and learn how to create a nurturing and holistic environment at home.

Each of these hour-long sessions is designed to equip you with practical tools and knowledge to enhance your well-being. After each one-hour workshop, there will be a dedicated 30 minutes for Q&A, allowing you to clarify any doubts and seek personalized guidance from our experts.

We encourage you to sign up for our workshops and take a proactive step towards improving your health and well-being. Our workshops are an excellent opportunity to learn from a natural medicine professional with expertise in naturopathy and Ayurvedic medicine. Join us and embark on a journey of self-discovery and empowerment.

Please visit us at [www.restorationwellnessconsults.com](http://www.restorationwellnessconsults.com) or call us at (508)769-3682 to schedule a workshop today!