

Introducing:

REBOOT!

Six Weeks to a New You

Are you ready to take your life to the next level?

REBOOT! is a six-week program of Acupuncture, Herbal Medicine, and Meditation that will profoundly change your life, your health, and your Self.

Sign up for **REBOOT!** Now for only

\$450

As a special introductory rate, we are offering the **REBOOT!** Program at \$100 off the regular price of \$550, if you sign up before Nov. 1

Are you suffering?

- Chronic health problems
- Disconnected from life
- Pain
- Anxiety
- Depression
- Fatigue

There is a solution!

The REBOOT! Program includes:

- 1 initial consultation and planning session
- Meditation Instruction
- 5 weekly Acupuncture sessions
- A 6-week supply of high-quality Herbal Medicine
- 1 wrap-up visit to evaluate your progress

Regardless of your life situation now, **REBOOT!** can help you take your life to the next level of health, wholeness, integrity, and passion.

How does it work?

Reuven Freesman has dedicated his life to the exploration of the question: "What does it mean to be a whole, healthy, happy human being?" Now he has distilled the essence of what he has discovered into a simple, easy to follow program that anyone can fit into their daily routine.

Meditation is the single most widely beneficial practice a human being can do. Through Meditation, we can start to discover first-hand the deeper dimensions of who we really are.

Acupuncture is an ancient and time-honored technique of ensuring the free and balanced flow of energy throughout a human being. Acupuncture has

powerful healing effects on body, mind, and spirit, working by removing any blockages that may prevent us from realizing our highest potential.

Herbal Medicine is a gentle and powerful way of creating real structural changes within our system. Herbal Medicine helps to strengthen, deepen, and stabilize all of the energy released through Acupuncture and Meditation, grounding it deep in our bodies and our Selves to create real, lasting change.

The Process

Reuven will guide you step by step throughout the **REBOOT!** process. It begins with an initial session, in which you and Reuven will design a map of where you are now, where you want to get to, and how to get there. During the initial session, Reuven will also introduce you to the practice of Meditation.

The main body of the **REBOOT!** program consists of a daily Meditation practice, Herbal Medicine, and weekly Acupuncture sessions. Each of these components will be custom-tailored to meet your individual needs.

At the end of the six-week period, you and Reuven will meet again to evaluate your progress and see how far you have come.

Contact us Today!

For more info or to sign up at:

Alembic Healing Arts Centre:

Tel: 250.984.1203

Toll free: 1.866.890.6082

Or Email: rfreesman@pacificrimcollege.ca

Online at: www.alembichealingarts.ca/reboot