

Wellness: Healthy Body, Healthy Mind

“You are a spiritual being, you have a body.”
Explore the mind-body connection, and how the beliefs we hold create physical manifestations, or dis-ease in the body. By becoming conscious of those “unconscious” choices that brought the physical challenges, we move the energy and clear the blocks to the body. Rather than addressing the symptoms, we look at the emotional component and remove the charge. Making choices that support your mind, body and soul, allows your body to move into creating wellness.

“It was a very enlightening and helpful session which has helped me to further understand how the body, mind and soul connects each and everyone of us.”

-Tanya Haverko



Belief Re-patterning™ Seminars are developed by Suze Casey, MEd and delivered by trained seminar facilitators. They are usually 2.5 to 3 hours in length and vary in cost.

For specific dates and times, view the events [calendar](#) or email info@beliefrestructuring.com to arrange a seminar in your area.