

"Janai Mestrovich is the consummate educator, who through her unique, intuitive, experiential workshops will guide you on an adventure of self-empowerment, self-discovery and self healing." Michelle Nowak, RN retired/ Health Care Advocate

SELF HEALING TOOLS

FOR A VIBRANT LIFE

with Janai Mestrovich aka Grandma Boom

Date: Saturday, Aug. 29, 2015

Time: 1:00 p.m. To 5:30 p.m.

Location: Ashland (registrants will receive location information)

Fee: \$100 (includes book, take-home materials, snacks, refreshment)

Register: Send check by Aug. 27 to Janai Mestrovich, P.O. Box 1201, Ashland, Or. 97520

Questions? Email janailow@gmail.com

****IMMEDIATE, FANTASTIC BENEFITS****

Feel rejuvenated and empowered

- *Learn how to feel energized every morning
- *Gain greater vibrance
- *Prevent jet lag and energy drain from electronics
- *Tune up internal organs
- *Move stuck/blocked energy
- *Improve awareness with mind/body/emotion/spirit connectedness
- *Prevent unnecessary stress, pain, and chronic tension build-up
- *Practice self-healing techniques from around the world
- *Biofeedback instruments providing body/mind feedback



SELF-HEALING TOOLS Workshop is based on the same accredited course Janai taught at the University of Oregon. Ms. Mestrovich has practiced self-healing tools on all levels mental/physical/emotional/spiritual, helping clients and groups for forty years. Her style is deep with great breadth and vibrance, direct, fun and unforgettable. Easy to integrate into daily life.

Janai Mestrovich aka Grandma Boom blogs on Awesome Aging for the Ashland Tidings and has 7 books on Amazon, at Renaissance Rose and Bloomsbury, including her self-help memoir The Grandma Boom Chronicles...More Alive at 65! www.grandmaboom.com