

Tru-Balance Healing Retreat: Mind, Body, Spirit

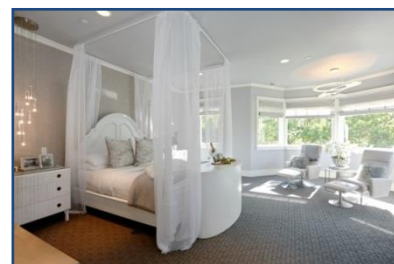
Feed Your Mind, Body and Spirit at the Tru-Balance Healing Retreat, at the Beautiful and Serene Lexington Ridge Inn in Los Gatos – May 5 and 6.

Increase your mind/body connection and gain new understanding of yourself and your spirit. Learn techniques to improve flexibility, coordination and posture. Learn about and taste delicious nutritious meals. Elizabeth Cassidy guarantees to get you back to your Tru-Balance.

\$ 625 Retreat Package: Includes 16 hours of expert courses and activities, delicious, healthy meals, wine tasting, amenities -- all in a spectacular natural setting. **Space is limited.**

Save 20% by Registering Before April 15! Early Price is \$ 495. To Register or Learn More: lexingtonridgeinn.com/events

Extend Your Stay at the Luxurious Lexington Ridge Inn – 15% Discount with your Retreat Registration.



Schedule of Activities – Saturday May 5, 2018 9:30 AM to 8:30 PM

9:30	10:30	Breakfast
10:30	11:30	Guided Hike – “Abundant Local Nature and Ghost Towns”
11:30	12:30	Lunch
12:30	1:15	Crystal Bowl Chakra Sound Meditation
1:15	2:00	Artist Way Journaling
2:00	3:00	Tru-Balance Pilates and Stretching
3:00	3:45	Callahan Tapping Technique Breakthrough with your Subconscious
3:45	4:00	Break
4:00	5:00	Card Science – Symbols of Energies, Personalities and Traits
5:00	6:00	Wine and Cheese Pairing – Uncorked Wine Shop
6:00	7:30	Dinner and Dessert
7:30	8:30	Fireside Chat & Reflection

Schedule of Activities – Sunday May 6, 2018 9:00 AM to 1:30 PM

9:00	10:00	Breakfast
10:00	12:00	Debbie at Heartworks – Mind, Body, Spirit Art Class
12:00	1:30	Lunch
1:30	5:00	Massage and LightStim LED Bed Therapy Treatments. 50 minute LightStim Treatment increases collagen production, refuels all cells in your body, reduces inflammation and protects against cardiovascular disease, heart attacks and strokes.





Tru-Balance Founder and Your Instructor: Elizabeth Cassidy



Elizabeth Cassidy, Founder of Tru-Balance, and Nationally certified Pilates instructor, has been in business for over two decades in Silicon Valley. ***Over the years, Tru-Balance has received numerous awards such as Best of Silicon Valley, Best of Trainers, and Best Small Business.***

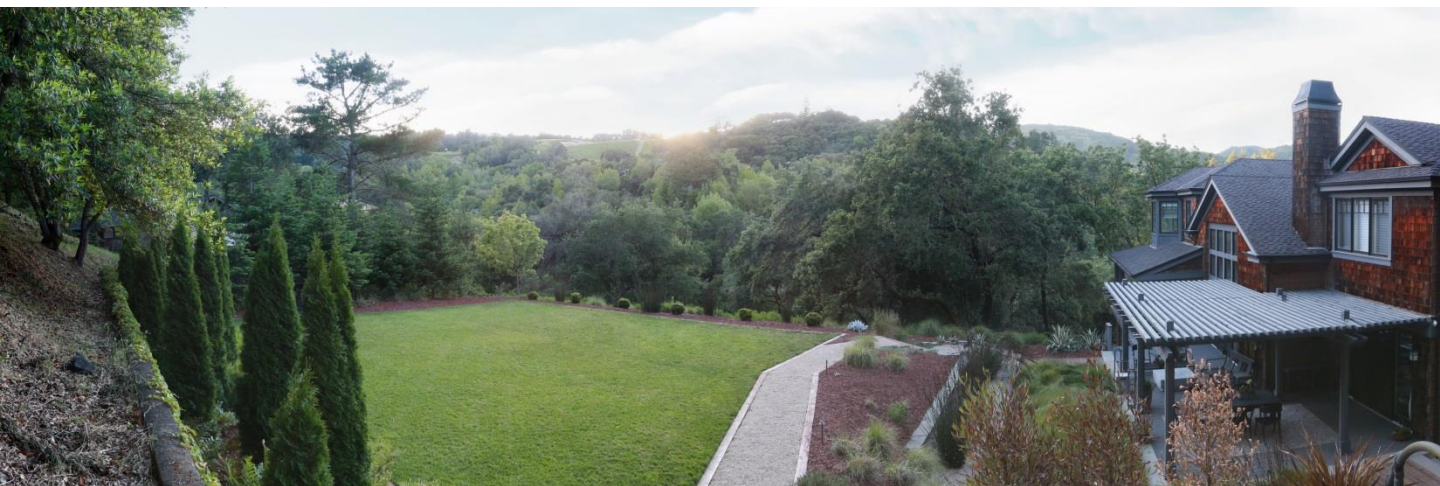
Elizabeth's clientele includes Olympic synchronized swimmers, celebrities: such as Taylor Swift and her dancers, sports teams, fire fighters, police officers, CEO's, medical practitioners, and hospital staff.

Elizabeth began her career in health and wellness as a Nutrition major in college and then began her Pilates training with Madeline Black in 1998. ***Since then she has combined several Pilates styles to achieve optimum strength, flexibility and balance.*** In 2011, she created a Comprehensive Pilates Teacher Training certification at Tru-Balance so that she would enhance the Pilates field with exceptional teachers as well as allow other teachers the opportunity to become Nationally certified.

Elizabeth also went into the field of energy healing in 1997 where she received her Masters in Hypnotherapy and energy techniques. She is a member of ten temples in Japan where she is certified in Reiki and Seimei, a system of non-touch energy healing.

The Venue – The Lexington Ridge Inn – 18501 Bear Creek Road, Los Gatos

Set in Los Gatos on four wooded acres of tranquil beauty, The Lexington Ridge Inn is a humbly luxurious lodge and retreat venue. With private rooms and lodging for up to 10 guests, the Inn offers a uniquely soothing but energizing space that is far-removed from the stress and bustle of our daily lives. Lexington Ridge combines art, style and ambiance to inspire you to ***relax, rejuvenate and renew.***





Artsploration~ Tap into the magic of your Artist Self Come, paint & play with with local, world renowned painter, Debbie Arambula.



Debbie Marie Arambula
Inspiring the World thru Art

Affectionately known as “The Heart Artist”, as she guides you to tap into your uninhibited kindergartener-artist self.

Gain confidence exploring with colors you love, acrylic paints, brushes, old magazines, stencils, sheet music & lots of fun stuff. Creating beautiful piece of mixed art that inspires you and brings joy to your life! Remember how fun it was to paint with your fingers, no rules, no regulations, no judgement. Free your creative self YOUR DESERVE IT!

Since 1996 Debbie Arambula's art collections span the globe internationally. Through 1000's exhibits in galleries and fine art shows across the country Debbie has gained a huge following worldwide.

Extensively in the press on NBC and ABC affiliates in major West Coast cities, KRON TV, Entertainment Magazine, Good Day Sacramento, Good Morning Scottsdale, Fox 5 in Las Vegas, Romantic Homes Magazine-National, SF Chronicle, LA Times, San Jose Mercury News, Homes by the Sea, Décor Magazine to name a few.

Affectionately titled by her art collectors as “The Heart Artist”, ***Debbie Arambula's energetic use of exuberant colors, expresses emotional energy that speak to people in all walks of life.***

Debbie is best known for her signature style Heart Portraits, wherein she captures the essence of the soul of couples, families & individuals, celebrating their life, passions and dreams thru the eyes of 'The Heart Artist' on canvas! These original one of kind paintings are unlike any other artist of her time.



Card Science- Symbols, Characteristics, and Traits

Thirteen is a timing of nature. There are thirteen moons in a year. Thirteen weeks in a season. Four quarters times thirteen is fifty-two. Fifty-two weeks in our year as it relates to our calendar. There are also fifty-two cards in a deck of playing cards. This is a scientific mathematical system that has many layers to it. It is fascinating to learn the science behind the symbols, characteristics and traits of our world that we live in today. Once one understands their own attributes and who they are in this card system it allows oneself to apply the energy to make oneself a better person in their mind, body and spirit.

Crystal Bowl Chakra Sound Meditation

Different crystal bowls make different frequencies of sound. Each bowl played in this process will address each one of our seven chakras (energy centers) of our bodies. This process of different tones creates a balance in our mind, body and spirit. The energy centers will resonate with the certain frequencies of sound and will allow one to become balanced and into a clearer, calmer state of being.

Artist Way Journaling

This is a process of “skimming” the brain of thoughts we have continuously in our brain. It allows for our creative side to come into play and expand ourselves with a simple, easy, timeless process. One will discover the ability to connect to their higher self and feel better by getting out old thoughts and creating space for new thought, inspiration and creativity. It is a way to give back to yourself and spirit with complete freedom. We are creating a sacred space of non-judgement during this process. This truly is a way of journaling to allow yourself to be free from all the rules and judgments of writing, spelling, worry, fears, neatness, etc. and just allowing your best self to come forth.

Callahan Tapping Technique

Issues that can be addressed:

- clear phobias
- pain
- addictions
- unhealthy habits
- beliefs
- grief
- mental blocks
- balance the energetic systems

Concepts and Information:

Over 5000 years ago the Chinese discovered a mapping of the energetic pathways in which the energy travels in our bodies, known as meridians. This is where our “chi” or “life force” travels in our intricate electrical system in our bodies to give one physical and emotional balanced health. This technique is different than acupuncture yet uses the same meridians, and its affects are similar.

Thoughts and beliefs cause physical and emotional responses in our bodies. It can cause our bodies to raise in blood pressure, anxiety, pulse, relax etc. which can cause our systems to become imbalanced or balanced. When the energy systems are brought back into balance it allows elimination of negative or unhealthy reactions and/or behaviors. This particular technique allows the energetic system to go back into balance. While the memory of a past trauma still exists, the emotional response is eliminated. Overall we are using the order of tapping to calm the mind/body/ spirit down. It pulls the energy out of our thinking brain, head, to a calm balanced state. It allows the “stuck” energy, Chi, or habits residing in our subconscious to become un-stuck and move into a more positive balanced state.

REGISTER NOW