

Tru-Balance Healing Retreat: Mind, Body, Spirit

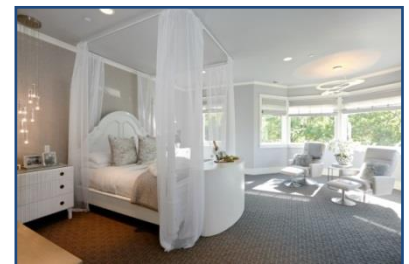
Feed Your Mind, Body and Spirit at the Tru-Balance Healing Retreat, at the Beautiful and Serene Lexington Ridge Inn in Los Gatos – May 5 and 6.

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.***

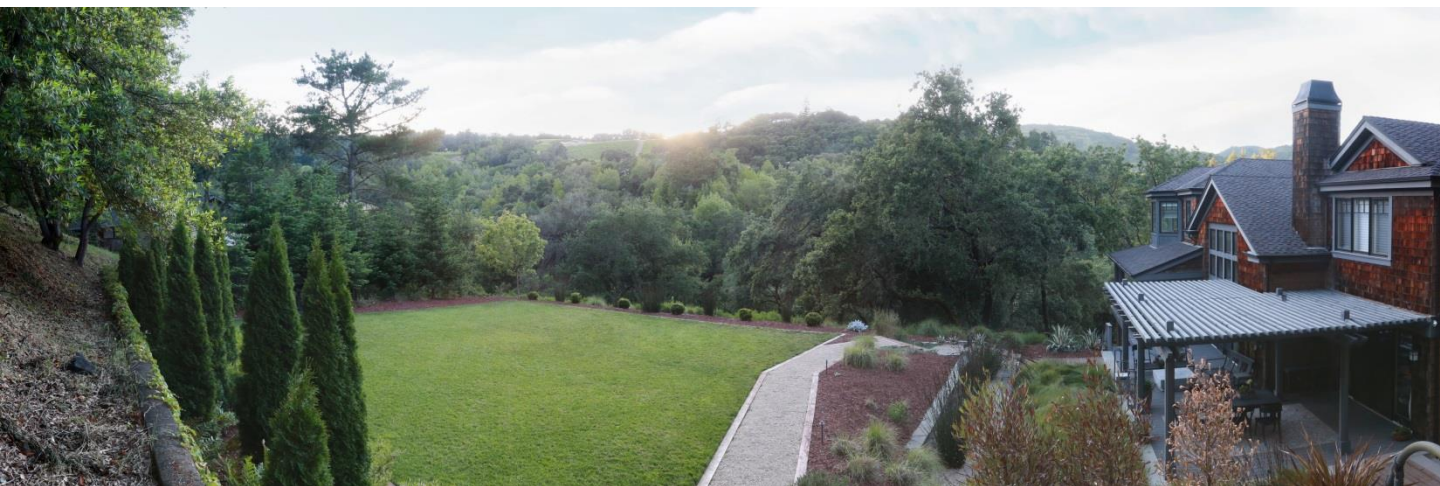
Elizabeth's clientele includes Olympic synchronized swimmers, celebrities: such as Taylor Swift and her dancers, sports teams, fire fighters, police officers, CEO's, medical practitioners, and hospital staff.

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.

