



# Relax, Renew, Release, Rejuvenate Shamanic Health Meditation Series with *Bev Cook*

Each segment will begin with an overview of the physical, emotional, mental, and spiritual connections with our body systems. We will explore each body system in 30-40 minutes of meditation and then symbolically release unhealthy behaviors, emotions, or beliefs to the fire in sacred ceremony. Come embrace your health in new ways on multiple levels with like hearted others.

Dates: October 9-November 28, 2017

Time: Tuesdays @ 6:30 pm

Location: Health Naturally, Bay City, MI

Investment: \$70 for the entire series or \$13 for drop-ins

Contact: Bev Cook for registration at [Earthmatters422@gmail.com](mailto:Earthmatters422@gmail.com) or 989-255-5931



## **Class Schedule**

- 1. October 10, 2017: Skeletal System**
  - Our internal framework that does so much more
- 2. October 17, 2017: Genital/Urinary Systems**
  - Home for reproduction, sexuality, and acid/base balance, elimination of wastes
- 3. October 24, 2017: NO CLASS**
- 4. October 31, 2017: Digestive System**
  - Converts food to energy, houses our micro biome and eliminates waste
- 5. November 7, 2017: Circulatory/Respiratory Systems**
  - Transports oxygen and nutrients, releases carbon dioxide, the heart is an energy force greater than the brain
- 6. November 14, 2017: Immune System**
  - Protects and defends the body against disease
- 7. November 21, 2017: Endocrine System**
  - Regulates metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood
- 8. November 28, 2017: Nervous System**
  - Senses the environment and coordinates actions by sending chemical signals throughout the body