



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 40-50 minutes of meditation. Come breathe your way to new perspectives of health on multiple levels with like hearted others.

Dates: -January 25, 2018 to March 1

Time: Thursdays @ 10 am

Location Health Naturally Standish, MI

Investment: \$60 for the entire series or \$13 for drop-ins

Contact: Bev Cook for registration at Earthmatters422@gmail.com or 989-255-5931



Class Schedule

- 1. January 25, 2018: Skeletal System**
 - Our internal framework that does so much more
- 2. February 1, 2018: Genital/Urinary Systems**
 - Home for reproduction, sexuality, and acid/base balance, elimination of wastes
- 3. February 8, 2018: Digestive System/ Immune System**
 - Converts food to energy, houses our micro biome and eliminates waste
 - Protects and defends the body against disease
- 4. February 15, 2018: Circulatory/Respiratory Systems**
 - Transports oxygen and nutrients, releases carbon dioxide, the heart is an energy force greater than the brain
- 5. February 22, 2018: Endocrine System**
 - Regulates metabolism, growth and development, tissue function, sexual function, reproduction, sleep, and mood
- 6. March 1, 2018: Nervous System**
 - Senses the environment and coordinates actions by sending chemical signals throughout the body