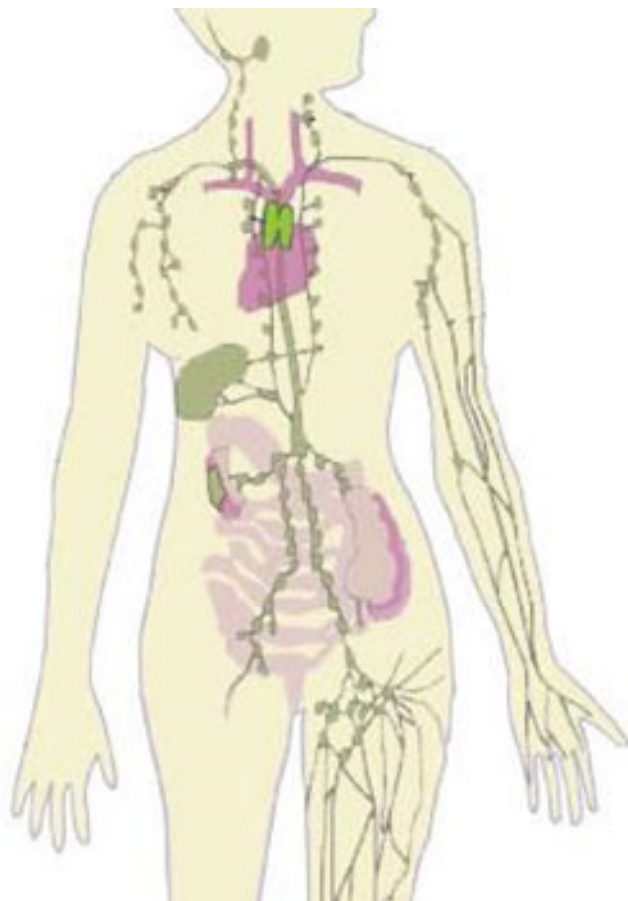


The Lymphatic Balancing Workshop

January 20, 2019

Sunday 11:00 am – 3:00 pm

This workshop is intended for: people with lymphedema, or at risk of developing lymphedema, and/or with sinus and respiratory issues.



With **Karen Claffey**
& **Trish Boone**

Karen Claffey, DOMP, CYT, E-RYT 500, founder of *Heaven on Earth & Integrated Health - Osteopathy Yoga Wellness*, and creator of *The Lymphatic Balancing Sequence*, is a licensed Manual Osteopath, Certified Yoga Therapist specializing in Structural Alignment Therapy and treating clients with specific conditions, and also a Holistic Health Consultant and doTerra essential oils wellness advocate.

Trish Boone, RYT200, is a Certified Yoga Teacher, and cancer “survivor and thriver” with personal experience and expertise in lymphedema self-treatment.

This workshop will provide participants with the tools to reduce the risk of lymphedema, including other associated health concerns.

Fee per person: \$88.50 plus HST

Registration Contact:

Website: www.heaven-onearth.ca

Phone: 905-664-9099

Email: admin@heaven-onearth.ca

Location:

Heaven on Earth & Integrated Health - *Osteopathy Yoga Wellness*
188 Green Mountain Rd E,
Stoney Creek, ON
L8J 3A4 Canada