



**Gain valuable insights
from five leading
Wellness Educators and
Practitioners.**

**Workshops will cover a
range of holistic topics
surrounding stress:
Hormones, Pain Relief,
Mental Awareness,
Ayurvedic Medicine,
Psychology, and Energy
Clearing.**

**Enjoy Yoga, Nature
Hikes, and Retreat
Amenities.**

**Book Your Retreat and
Change Your Life Today!**

April 29th - May 1st, 2016

COLLABORATIVE HEALING CENTER WELLNESS RETREAT

‘A Program for Stress Management’

Reclaim your life from stress and join us for this collaborative healing program at the tranquil Sedona Mago Retreat this spring. Set in the stunning backdrop of Sedona’s painted desert, your stress will melt away as you restore your health and learn key factors in managing external stressors. The weekend Retreat includes accommodations, meals, and educational workshops:

- Single Room \$750
- Double Room \$650
- Register by Nov. 30th and receive \$25 off

Register today and reserve your space by contacting Dr. Angela Bower’s office at (480) 607-0299.

Full payment will be due by March 1st 2016. Cancellations made after March 30th will be non-refundable.

**SEDONA MAGO
RETREAT**

3500 E. Bill Gray Rd, Sedona,
AZ, 86336

www.sedonamagoretreat.org

COLLABORATIVE HEALING CENTER WELLNESS RETREAT

PRESENTED BY:



Bianca Jade uses a combination of modalities to help you understand where and why you are stuck in certain patterns with relationships, diet, finances, and career choices. By looking at your Energy Field, Bianca can see where you are drained and compromised. She uses Intuition, Mediumship, Energy Healing, Reiki, Reconnection, Holistic Nutrition, Guided Visualization, and Past Life Regression to bring forth a Balanced understanding of you! “We are all meant to be living “A Beautiful Life!”



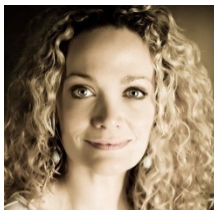
Dr. Angela Bowers, a clinical psychologist, has had a private practice in Scottsdale since 1985 and believes we are all capable of change/growth at any time in our lives. Depending on the client, she sometimes takes on the role of the teacher, the companion, the reflector, the interpreter, the reminder, the helper, the guide and the listener. Dr. Bowers is a Certified Yoga Teacher with 180 hours in Ayurvedic training and has had additional training in Hypnosis and Past-Life Regression Hypnosis.



Though originally born in Dublin Ireland, Niamh Borrel became interested in the science of Sophrology while living in Geneva, Switzerland. She was so amazed by the results that she enrolled in the degree course after just one session! Sophrology is a tool that will increase your mental awareness and help you deal with moments of stress so that you can act in a calm manner instead of reacting in a panic. Niamh believes that building our mental awareness makes us sharper & more mindful, centered and peaceful.



Mary Bai has studied both Orthopedic and Sports Massage, which has allowed her to gain insight into the workings of the physical body. She even created a relational database of muscles to group data into a more functional format. Mary uses basic physics to investigate unnatural movement patterns and works to resolve injury and pain in chronic conditions by releasing adhesions and scar tissue to restore original function. Mary is also a Qi Gong movement instructor and is trained in Ayurvedic massage.



Geralene Jones is a Women's Health Nurse Practitioner, specializing in bio-identical hormone replacement therapy for menopause, perimenopause, and PMS. She administers hormone replacement therapy to be an adjunctive therapy to anti-aging medicine, which is the prevention of the diseases of "old age" such as osteoporosis, Alzheimer's disease, the various forms of cancer, heart disease, and other chronic illnesses in women. She is the owner of Women's Health and Wellness Care, a clinic dedicated to the wellness of women, utilizing natural and traditional medical applications.