



## *Free Community Presentation*



Presented by Judy Ramsey and Rachel Eggherman  
*of Head To Toe Therapies*

### **Introduction to Heart Centered Therapy**

*Saturday October 3, 2009 10am - 11:30am*

Heart Centered Therapy is a holistic dialoguing technique that safely identifies and transforms unresolved emotion in the body, as well as related emotional dissociation and spiritual disconnection. This technique provides safe, unconditional support for a person's recovery and learning process. Participants will learn practical grounding techniques, as well as ways to clear personal space. Several heart meditations will be demonstrated.

Refreshments provided

Woman Safe Health Gynecology and WomanCare Elizabeth Shadigian, MD  
2340 East Stadium Blvd, Ste 8 Ann Arbor, MI 48104 Tel 734-477-5100  
info@womansafehealth.com www.womansafehealth.com