

Animal Wellness Workshop

Welcome to the Animal Wellness Workshop. Join local animal experts, Mary Stoffel and others, for an entire day of learning how to help you and your companion animal(s) find and keep emotional, physical, mental and spiritual balance.

The workshop will cover:

- Animal communication - basic telepathic awareness, techniques and exercises
- Shamanic healing – the spiritual aspect of healing trauma
- Essential oils – using the physical, emotional and spiritual life essence of plants to promote overall wellness
- Diet and exercise
- Stress reduction

Depending on availability, other topics may include the healing power of stones and crystals, animal massage and Reiki energy healing.

You are encouraged to bring your animal to the workshop but keep in mind that there will be other types of animals present. Please bring the appropriate crate or kennel to ensure a positive experience for all.

Please bring your own lunch. Cookies will be provided at the breaks. The workshop time and location is listed on the website www.humanimal.com.

The cost of the workshop is \$10.00 at the door.

If I have not answered all of your questions, feel free to contact Mary Stoffel at 612-859-5908 or at 763-444-8146. We are looking forward to meeting you.

Advance Registration for Animal Wellness Workshop

Send this form with your registration payment to:

Mary Stoffel
29460 Palm St. NW
Isanti, MN 55040

NAME _____ PHONE _____

ADDRESS _____

EMAIL _____

DATE OF THE WORKSHOP _____