



Accunect™ SelfCare

A 3-Minute Daily Routine for Health, Wellness and to Energise Your Day!

Heal Yourself & Heal Others

Learn a Powerful self-healing technique for complete family wellness

- Clear stress and life overwhelm, quickly
- Increase energy levels and vibrancy
- Improve sleep
- Deeper sense of well-being, balance and calm
- Gain clarity
- Harmonize, synchronize & boost all body systems
- Increase natural immune function
- Improve digestion
- Help balance emotions
- Boost all body functions
- Improve nervous system and brain function
- Speed up physical, mental & emotional healing
- Speed up the processing of life's difficult events

Student Testimonials

"Kathi knows how to teach to all levels of expertise and to the satisfaction of her students, to help them acquire new tools to use personally as well as in professional settings."

"I felt the energies balancing as soon as my attention was placed in each area. Every new [practice] session brought attention to a new layer of energy to clear and balance."

"Thoroughly enjoyed the course! I could feel an immediate change in the areas we focused on." JRP

"My Blood Sugar Level Before: 5.4 and ...The miracle: 4.5 - This is the result after I did the Accunect SelfCare routine. I am amazed even speechless... Thank you for the SelfCare Training this weekend."

"Hubby cooking dinner - major pain attack (cause of his spinal cyst)... did selfcare and pain diminished... was able to focus and continue!! Yay for SelfCare!!!"

"...had had major bowel surgery last year and not had normal bowel motions since. Did SelfCare several times ... had my first normal bowel motion. Yay!!!

Accunect SelfCare Classes

Cost: \$175

EDMOND, OK

January 11, 2020 9am - 1pm

The Retreat MindBody Wellness
1320 E 9th St, Ste 1
Edmond, OK 73034
405-216-3611

What Will You Learn

- The Accunect 8 Healing Principles
- The healing frequency of Accunect
- A Fast Effective 3-Minute Routine for balancing your whole body-mind energy system -
- **For Yourself, Your Clients or Your Family**

PLUS – A Fast GO-TO Emergency Technique

- When you need help to go from 'Owie to Wowie'
- For bumps, bruises, upsets & tantrums
- Effective for the whole family
- Alleviate stress, pain and shock - FAST

You will learn the tools necessary to balance core energy systems, allowing you to improve health and maintain wellness for yourself and your family.

You will also learn more about Accunect sessions and the Accunect courses.

This fun, easy, heart-centered course will change how you look at yourself and how you view health and healing, forever.

Kathryn Springman,
BCND founder and
Instructor of Sacred
Space Healing
Modality™ is an
author, Board Certified
Naturopathic Doctor,
Homeopath, and a
full time Energy Medicine Practitioner
and Instructor Trainee for the Accunect
Healing system.



**New Clients: Receive \$25 off Your First Energy
Balancing Session – Limited Spaces Available!**

For more information please visit
<http://TheRetreatOK.net>

The Retreat MindBody Wellness
405-216-3611 Office@TheRetreatOK.net