

Body, mind and spirit counseling workshop

2116 Wilshire Blvd. Suite 260
Santa Monica CA 90403
Wednesdays 7pm

Dr. Claudy-Ann Keasberry DC, Nutrition Response Testing Practitioner and Chiropractor, and Luca Bosurgi PhD, DHyp, board certified and accredited clinical hypnotherapist and spiritual counselor, are hosting a weekly counseling workshop. The workshop is designed to offer practical advice to all body/mind/spirit questions and to help develop innovative life strategies through an interactive 90 minutes Q&A group session.

Fee: \$15 per workshop.

**Reservation required by call or text
(424)253-4554
group limited to 10 attendees**

Dr. Claudy-Ann Keasberry DC is one of only 300 U.S. practitioners who is practicing Nutrition Response Testing at the advanced level. She graduated in 2000 with a degree in chiropractic from the University of Bridgeport and is also a certified Reiki practitioner. She uses both her knowledge of nutrition as well as chiropractic to successfully treat her patients.
www.theNHCenter.com

Luca Bosurgi, PhD, DHyp, LCCH, MBSCH, COSHF, CH, is a board certified and accredited clinical hypnotherapist and spiritual counselor. He has had formal training and clinical experience in metaphysics, psychology, spiritual counseling and hypnotherapy for over three decades. Based in Los Angeles, Luca teaches and practices in Southern California, New York and London.
www.cognitiveos.com

Who should attend:

From childhood through late adulthood, there are certain times when we need help dealing with problems and issues that cause us emotional distress and make us feel overwhelmed. This stress can manifest itself physically and mentally by making you ill. When you are experiencing a difficult situation like this, you may benefit from the assistance of experienced, trained professionals who can help in dealing with many situations that cause emotional and physical stress, including, but not limited to:

- depression, anxiety and other mental and emotional problems
- childhood traumas and psychological issues
- feel that you are trapped in your own fears
- family and relationship problems or can't find or keep fulfilling relationships
- eating disorders and weight issues
- questions regarding children and pediatric hypnosis
- social and emotional difficulties related to disability and illness
- job stress and adapting to life transitions
- the death of a loved one or a separation
- spend 5 out of 7 days feeling unhappy
- regularly cannot sleep at night
- lack of physical and/or mental strength
- enhance sport performances (such as golf)
- are taking care of a parent or a child and the idea crosses your mind that you may want to hit that person
- feel overwhelmed and can no longer prioritize what is most important in your life
- autism and ADHD/ADD
- high blood pressure, diabetes, thyroid dysfunction
- neck and back pain