

## REGISTRATION

Fee: \$39.00 before 1/31/2008  
\$49.00 after 2/1/2008

**The day will include:**

- Tea/Coffee on arrival
- Healthy organic snack
- Your choice of two presentations
- Door prizes
- Goody bag filled w/ assorted items to start you on your path to living green simply

*Please enroll by February 18, 2008*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

**Please make check payable to:**  
Michelle Els Consulting.

**Mail to: P.O. Box 308, Long Valley, NJ 07853.**

Incomplete reservations cannot be processed. If you wish to print additional registration forms, go to [www.MichelleEls.com](http://www.MichelleEls.com).

**For more information call  
908-520-2400**

## PROGRAM

<b>1p-1.15p</b>	<b>Arrival and Welcome</b>
<b>1.15p-1.30p</b>	<b>Introduction and Overview</b>
<b>1.30p-2.30p</b>	<b>Session I</b> Becky Geisel ~ Organic Caterer Julie Lange ~ Shamanic Practitioners Claudia Boorman ~ Massage Therapist
<b>2.30p-3p</b>	<b>Break ~ Healthy Organic Snack</b>
<b>3p-4p</b>	<b>Session II</b> Corinne Bush ~ Nutritionist Michelle Els ~ Personal Trainer Deborah Waddell ~ Acupuncturist
<b>4p-4.30p</b>	<b>Closing</b>

***Special Thanks to***

Aaron Ellis and Kurt Gesteland owners of  
**Reform Studio and MOVE!**  
And Claudia Boorman owner of  
**Body Language Studio**

Directions are available at:  
[www.reform-studio.com](http://www.reform-studio.com) or  
[Bodylanguage-studio.com](http://Bodylanguage-studio.com)

# living green simply

a "live life well" workshop

**Saturday, February 23, 2008**  
**1:00pm - 4:30pm**

## Reform Studio & Move!

40 East Mill Road  
Long Valley, New Jersey

*Brought to you by*

the  
**wellspring**  
n e t w o r k

## What is it to go "green"?

Living a green lifestyle is all the buzz these days. What does it all mean? Life can be overwhelming and complicated by the glutton of information we receive each day. The Wellspring Network would like to help you simplify and understand what going "green" means to you, your family and the environment. Our workshops are designed to help you obtain sustainable ideas and tools to help you on the road to living life well.



## "living green simply" Workshop Summary

In this workshop, our wellness coaches will help you explore proven ways to rid your life, your body and your environment of layers of emotional, environmental, spiritual and physical obstacles prohibiting you from living a "green" lifestyle. You will walk away with practical solutions you can implement right away to improve your health, your life and your world.

**Becky Geisel**  
Organic Caterer

***“Practical Planning for Healthy Eating”***

Eating a healthy organic diet can be overwhelming. Becky will share some easy tips for integrating good eating habits into everyday life and how to plan and shop for daily and weekly menus. You'll come away with a list of local, organically grown produce, a guide for super-market shopping and some healthy tips to incorporate right away.



**Julie Lange**  
Shamanic Teacher/Practitioner,  
Environmentalist

***“Medicine for the Earth”***

Julie has been authorized by internationally acclaimed author and shamanic teacher Sandra Ingerman to teach *Medicine for the Earth*, a simple but powerful spiritual practice that continues to accomplish dramatic transformations. She will lead a ceremony designed to heal both personal and environmental toxins.

**Michelle Els, ACE**  
Certified Personal Trainer  
Power Pilates Instructor

***“Exercising Green & Simply”***

Michelle will share with you how to incorporate the principles of green living into your pursuit of health and fitness, helping you focus on ways to be healthier through exercise that is easy, do-able and above all sustainable. Most aspects of living a healthy lifestyle are quite simple though perhaps not always easy. Exercise and learning how to cope with stress are the main factors. These days it's also important to know how to keep the toxic load on your body within bounds. Michelle will also share with you an affective method for improving your metabolism, inherently reducing toxin levels in your body and renewing your ability to maintain optimum health. Living a healthier lifestyle is good for the planet too.

**Deborah Waddell, Dipl. Ac., C.A.**  
Director of Skyland's Acupuncture &  
Wellness Center

***“New Year and Renewed health with Chinese Medicine”***

You can incorporate the principals of green living into your personal pursuit of health. When you are sick, in pain, or having difficulty getting pregnant, Chinese Medicine has many treatment options to help you regain your health. If you want to prevent disease Chinese Medicine is the only medicine to do that! Instead of pharmaceuticals, many of which are synthetic and cause unwanted side effects, consider acupuncture. This green health alternative is all natural and suitable for everyone. Acupuncture is safe, sterile and painless.

**Corinne Bush, MS, CNS**  
Nutritionist

***“Nutritional Detoxification: The Estrogen Story for Men and Women”***

This talk will discuss detoxification phases and the nutritional methods to detoxify estrogens to the most healthful end product. Corinne is a nutritionist in practice at the Far Hills Pharmacy, an independent compounding pharmacy in Bedminster specializing in bio-identical hormone replacement.

**Program Selection**

Please select your first and second choice for each of the two time slots. Write in (1) for first choice and (2) for second choice for each of the four groups. **Space is limited.** We will confirm your time slots based on first come first serve with full payment.

Session I	1:30pm- 2:30pm
Becky Geisel	
Julie Lange	
Claudia Boorman	

Session II	3:00pm-4:00pm
Corinne Bush	
Michelle Els	
Deborah Waddell	

**Claudia Boorman**  
Nationally Certified Massage Therapist,  
owner of Body Language Massage Therapy Center

***“Unlocking your reproductive & Digestive Health through Abdominal Massage”***

Learn how Maya Abdominal Massage (MAM), a non-invasive, ancient healing technique, can promote health in your reproductive and digestive organs. MAM helps to release abdominal muscle spasms; correct and prevent fallen uterus and swollen prostate; and restore the natural flow of and energy throughout the body.