



# Be kind to yourself...

Join Mabe and Martee at Planet Botanix

## MEET & GREET & DEMO

Saturday, July 7 at 10 am to 12:30 pm

FREE EVENT 301 Bank Street, Ottawa, ON

If you can't make it Saturday, come to The Shanghai at end of month.

Holistic Integrative Arts (HIA), Ultimate Wellbeing EDUCATION (UWE)  
Feel better, faster with economy of energy, effort & expense as Source intended

### At Planet Botanix

301 Bank Street

**Meet & Greet & Demos 10am to 12:30pm, Sat July 7 FREE** (donation to protect the sacred Ottawa watershed appreciated) showcasing International Kinesiology College (IKC) Touch For Health (TFH) School classes later in July. TFH Continuing Education course credits count for **chiropractors, nurses and Registered Massage Therapists.**

**SPECIAL OFFER** of "HEALTH & WELLNESS CLINIC" 55 minute appointments up to 3 people **Sat July 7 1-6pm \$120/hr total** Ask for details. [https://www.ikcinfo.org/TFH\\_GoalSetting.aspx](https://www.ikcinfo.org/TFH_GoalSetting.aspx)

MarteeTegtmeier [ca.linkedin.com/in/tmtegtmeier/](https://www.linkedin.com/in/tmtegtmeier/) is your **instructor** and **main facilitator**:

**ADDITIONAL BONUS GUEST Stephen Carr**, certified Reconnective Healing® Foundational Practitioner of Brockville: available for individual sessions. 30 min. plus 15 min. de-brief, \$120 <https://store.thereconnection.com/online-essentials-course/>. Deposit required. Balance due before sessions start.

### At Shanghai Restaurant

651 Somerset St. W.

We offer three 3-hour module playshops on **the ONENESS Process** DATES: From July 27 to August 12 \$100 each all in. Ask for details. **NOTE** We also offer all three playshops 9am to Noon, 1-4pm, 6-9pm **Sun Aug 5, at Newmarket**, Only for these playshops is **Registration online:** <https://www.healingwiththeta.com/oneness-process.html>

**SPECIAL OFFER** of "HEALTH & WELLNESS CLINIC" 55 minute appointments up to 3 people 9am to noon, **3-4pm July 27 thru Tues July 31, \$120/hr total** Ask for details.

### Give it a go & convince yourselves!

**CALL** Martee 613.769.5575 [martee1111@gmail.com](mailto:martee1111@gmail.com) or **CALL** Stephen 613.498.0707 [stevesenergyhealing@gmail.com](mailto:stevesenergyhealing@gmail.com) for future remote & distance sessions.

**For all Ottawa appointments, classes and playshops CONTACT Mabe (613) 981-3308 at [innerjoyessentials@hotmail.com](mailto:innerjoyessentials@hotmail.com)**