

# You and Your Body

## A retreat for the care and the keeping of you

OCTOBER 23<sup>RD</sup> - OCTOBER 28<sup>TH</sup> • LIZARD CREEK LODGE • FERNIE, BC

Welcome to your getaway in the mountains! Join three world class therapists. Explore your potential through unique movement and innovative body therapies. Open yourself to a deeper connection with your body. Take home tools that you can incorporate into your daily life.

### Your retreat package includes:

#### • 10 GROUP CLASSES IN:

- Therapeutic Ball Release
- Fascial Fitness
- Breath and Meditation



#### • HANDS ON BODY WORK/PRIVATE THERAPY

*Includes one 90 minute session from one of the following therapies:*

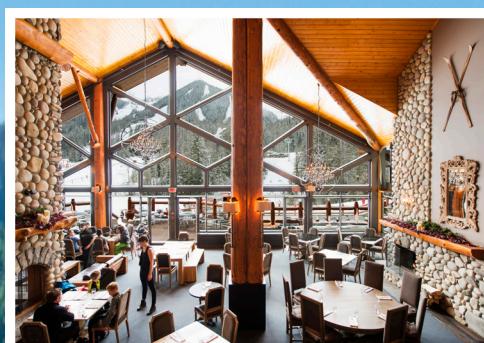
- Structural Integration
- Craniosacral Therapy
- Intuitive Energy Healing
- Myofascial Cupping



#### • A SELF-CARE WELCOME GIFT PACKAGE

#### • ADDITIONAL ACTIVITIES:

- Posture and Myofascial education
- Self-cupping massage class
- Guided nature walks
- Free time! Explore, hike, relax, get a spa treatment, swim, hot tub and discover Fernie

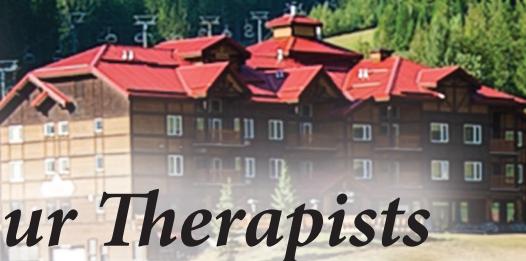


### Your stay includes:

- Single or shared accommodation
- All meals; healthy and mountain inspired fare
- A self-care welcome gift package

Cost: \$1,300 to \$1,700  
based on shared or single accommodations

Book now at: [skircr.com/bodyretreat](http://skircr.com/bodyretreat)



## Meet Your Therapists



**Kathleen Keller**  
Movement Therapist

Kathleen is a *Master Pilates Instructor*. She has been teaching for 35 years and a teacher-of-teachers for 15. Her specialties also include: *Self Myofascial Release (SMR)*, *Fascial Fitness*, and *Posture Education*. She is a sought after presenter for conferences and workshops and has taught courses and mentored teachers in Canada, Asia, Spain and the USA. A former professional dancer, aerobics instructor, choreographer and personal trainer, Kat will get everyone moving with fun and freedom. Her aim is to promote long-term physical health, through joyful and integrated movement training. She inspires and nurtures her clients to learn more deeply about their bodies. Her unwavering sense of humor and endless creativity has earned her legions of followers.



**Nadine Samila**  
Multi-disciplinary Practitioner

Nadine has honed her extensive knowledge of *Massage Therapy* and *Structural Integration* for over 20 years. Using *Structural Integration*, a type of bodywork which challenges the mind and body connection of patients, Nadine is able to encourage permanent changes in posture and holding patterns. She has continued to expand her knowledge of bodywork with the addition of *ACE Massage Cupping*, a unique brand of bodywork using suction to shift, release, lift and soften stubborn tissue.

Nadine is a great source of healing and vitality for her diverse patients. She believes in the importance of educating her patients about their bodies and empowering them to make positive choices. Consistent referrals from current and past clients reflect her treatment success.



**Ruth Major**  
Multi-disciplinary Practitioner

Ruth has been pursuing health and body wholeness since her youth. Her education and experience spans 20 years. Beginning her professional life as a skilled massage therapist, her training and multidisciplinary practices now also include: *Postural Myofascial Release*, *Lymphatic System Cupping* and *Biodynamic Craniosacral Therapy for Trauma and Concussions*. Her natural ability as a *Intuitive Energy Healer* enhances and increases the positive results her clients receive. Ruth's goal is to assist others in developing deeper awareness, presence and connection in their relationship with self and the world, empowering people to heal trauma and reprogram belief patterns. She believes there is a student, teacher and master that resides in each of us and is excited to help you bring them out.