

# PAMPERING BEYOND BELIEF!

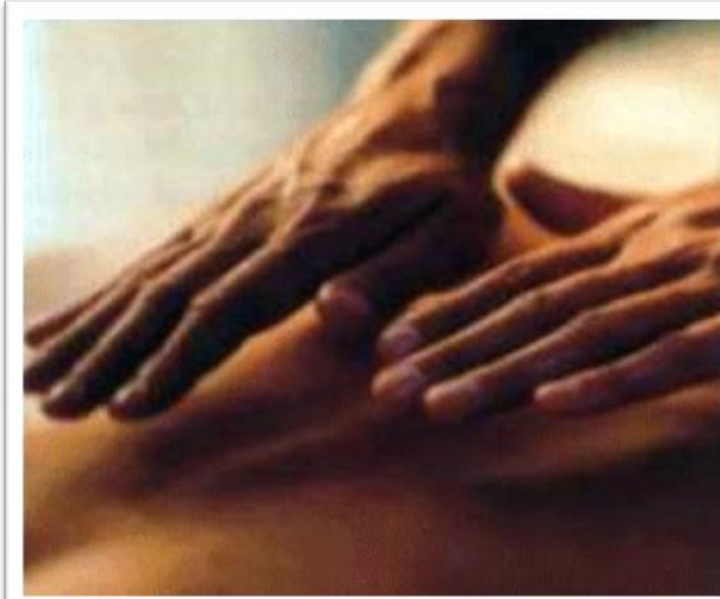
**Date:** Saturday, January 29<sup>th</sup>. Snow date the following Saturday

**Time:** 1:00-5:00pm (Meet and Greet from 1 to 1:30)

**Place:** Kimberton Area ....to be announced

**Fee:** Early Bird Fee is \$75, if received before Jan 15<sup>th</sup>.  
After Jan 15<sup>th</sup> fee is \$100.

**To register** email MaryAnn Nissly, maryannnissly@verizon.net, space is limited!



## The Pampering Menu includes:

- **Paraffin treatments & Reflexology** for hands and feet – *Ultimate in relaxation!*
- **BioMat treatments** on the far-infrared amethyst filled mat with/without Reiki.
- **Chinese acupressure (TuiNa)** mini treatments
- **Qi Meridian Therapy** instruction
- **Qigong movement** for wellness and stress relief along with Closing Meditation

## Debi Dunn

Is a certified qigong, t'ai chi, yoga and meditation instructor.

She is a Reiki Master, and offers a variety of amazing treatments on a heated, healing amethyst filled bio-mat.

She is the founder of The Heart of Healing, Inc. and is a Professor of Stress Management at WCU.

Debi also offers corporate, self health seminars and special in-home hosted, "Stress Less Events". Visit her website at [theheartofhealing.com](http://theheartofhealing.com) and view her two "Qigong for Everyone" DVDs, and listen to Tranquil Journeys meditation CD. Email Debi at [debi@theheartofhealing.com](mailto:debi@theheartofhealing.com) or call her at 484-431-1270.



## MaryAnn Nissly

Is a Practical Nurse, and Reiki Master Teacher.

As a licensed nurse in PA for over 35 years and Founder of Key Health Connections she has a passion for sharing natural wellness and healing modalities, after experiencing her own amazing personal health improvements through natural means

Email Mary Ann at [maryannnissly@verizon.net](mailto:maryannnissly@verizon.net)



**Enjoy coffee, tea and healthy treats!**  
**Bring a friend and plan to relax in a private and comfortable home setting.**