

# Boost Your Health

*...helping you make positive  
life choices & changes*

**Lisa Ellis** *"Also known  
as the Passion Lady"*

**905-736-0563**

## SERVICES WE OFFER:

- ✓ Yoga
- ✓ Singing bowls Meditation
- ✓ Balance your Chakras with Lisa's tuning forks
- ✓ Reiki treatment & Teaching
- ✓ Black Pearl Treatment
- ✓ Soul Retrieval
- ✓ Ear Candling
- ✓ Hypnosis
- ✓ Employee's day Retreat
- ✓ Self Esteem Workshops
- ✓ Discover What Truly Makes You Happy workshop
- ✓ Pottery Classes
- ✓ Day retreats & Overnight retreats
- ✓ Couples Retreats

## COPING AND WELLNESS BENEFITS FOR:

- ✓ Anxiety
- ✓ Depression
- ✓ Post-traumatic Stress
- ✓ Chronic Diseases
- ✓ Autism
- ✓ Multiple Sclerosis
- ✓ Parkinson's
- ✓ Clearing on a past emotions
- ✓ Letting go Anger, Fear, Aches, Pains, and Phobias
- ✓ Release the Hurt, Mentally, Physically & Emotionally
- ✓ Gift of Forgiveness, let go of what no longer serves you
- ✓ Life Skills Coaching
- ✓ Art Classes (children & adults)

*Life transforming experience!*

*Customized Day retreat just for you!*

Sign up and make a difference in your life today!

Boost Your Health Wellness Center, Lowbanks, ON

Call Lisa today~ 905-736-0563