

THE LIPHE BALANCE CENTER

mind | body | soul

freedom

Till your last breath and next adventure - "Death holds the power to intensify life. It can either be the impetus to live life fully, or the grinding force that wears us down till it eventually claims us." - The Seer Almine

[Click here to view a video about End of Life from Barbara & Sue](#)

**Death for Dummies...
all the teachings will enhance your LIFE
because it's about life not death!!**

PRACTICALITY, PARTICIPATION & PEACE
for life and transitioning.

Join us for 3 information packed, experiential sessions
You have to learn to do everything...even to die. – Gertrude Stein

With Barbara Slaine & Sue Broudy
End of Life Consultants and Certified Doulas

We have developed a series of 3 classes

Classes will be held at:

**The Angel Wing
49 Ethan Allen Hwy.
Ridgefield, CT**

1. **PRACTICALITY:** Includes The Five Wishes, legal and comfort options: a living will, end-of-life directives, health care proxy information, and more. Vigil and legacy planning will be addressed.

April 26th 11:30am - 2:00pm - \$65.00

2. **PARTICIPATION:** Focuses on the body in transition; Active Listening, Anointment Oils, and the importance of sound including: music, chanting, and the spoken word. Energy Modalities Reiki and holding space are discussed. Practical application of modalities will be addressed in the Peace class

April 26th 3:00pm - 5:30pm - \$65.00

Discount for taking both classes \$120

3. **PEACE:** Energy work that will include a Reiki Level I Attunement, practices of alternate breathing techniques, additional spiritual practices and more.

May 17th 11:30am - 2:30pm - \$75.00

Discount for entire series (all 3): \$195.00

Space is limited to 15, sign up now and really start to LIVE.

Often, a lack of planning can result in chaos and a loss of valuable resources at this most precious time to unite with your loved ones. The stressors of waiting until the last moment to know what to do or how to proceed can be avoided. Your death has a ripple effect for your entire family and can become a gift if done consciously, and we can help with this beautiful subject. This information is not only timely, it is a subject we all have in common, and know on some level we can help others and ourselves in a significant way.