

Beating what's



FREE
Discovery
Session

eating you up



clear out the pain

take physical and emotional control

create beautiful relationships

realise your potential

Learn the secrets behind the science
and art of relationships,
with your 'Mind Coach'

Heather Donaldson



The Art and Science of Love

Are you a single, over 35 and don't know how to get back in the game of love, how to find happiness in life again?

Your 'Mind Coach' Heather Donaldson, has been there. She wants to see you succeed in love and relationships and she can help you.

She's got the credentials and now she 'mid-wives' emotions that hinder, researches and authors books, runs seminars and develops the tools to guide people like you safely onwards to epic love relationships.

"The game" of love is not only an art, but a science. There are simple rules and proven-to-be effective skills to adopt and use.

Experience a complimentary 30 min 'Discovery Session'

A 30 minute no-cost interactive session will introduce you to:

- Heather's successful 'Roots EFT', a customized adaptation of the scientifically recognized Emotional Freedom Technique or 'Tapping'
- The 1-2-3 steps of creating or refreshing a fulfilling and enduring relationship

EFT sessions begin with a relaxing and grounding exercise. Whatever is most disturbing is addressed first. You are led by your practitioner with you following and adding or changing as necessary. This two-way process continues until the intensity level is low or a new aspect comes up with higher intensity. Each session ends with you in a calm and stable state. We give you guidelines to use to reinforce the progress made and to keep benefitting more and more by transforming your life in a positive direction with EFT.

The game of love can be fun and enjoyable!



Contact Heather now to change your life

604-815-3436

Or see more on our website

www.natureswaymassage.ca