



HEART ALIGNMENT PRESENTS

*Getting in tune with your pelvic floor
and in flow with your sacral chakra*



Presented by

TERRI BEDFORD, DPT

*Vibrational UPgrade Energy Medicine
Master Practitioner, Usui Reiki Master,
Doctor of Physical Therapy*

Please join me in a special, cultivated, high vibrational space for healing for the mind, body, and spirit. You will receive education on the pelvic floor, tips and tricks, and exercises to keep your pelvic floor in healthy shape. We will also delve into the sacral chakra and the role it plays with the pelvic floor. You will receive a Vibrational UPgrade to your system with live subconscious clearings and activations where we can clear out subconscious/unconscious blocks or limiting beliefs from your energy field.

It's time to be living in the freedom of a heart centered life.
Will you say YES?

LOTUSVOICE

SATURDAY, MAY 4 | 1:00PM
90 MINUTES | \$22.00

You may pre register by calling 517-295-3544
or by email to heartalignment33@gmail.com

Contact heartalignment33@gmail.com for more event information.