

the Healing mind body soul Space

Here's what to expect from
The Healing Space:

Relaxation

Self-Exploration

Personal Growth

Enhanced Intuition

Stress and Anxiety Relief

Improved Immune Function

Lower Blood Pressure

Symptom Relief

Mastery over Emotions and Thoughts

In the Moment Awareness

Increased Confidence

Body Awareness

Connection to Mind, Body and Spirit

Physical and Emotional Healing

Self-Help Tools

Spiritual Growth and Healing

Laughter and Connection

Validation



1602 Walnut Bottom Road
Newville, PA 17241

the Healing mind body soul Space

a woman's
gathering place for
personal growth
and healing

Journal Writing, Guided
Imagery, Yoga and
Reconnective Healing
for Self-Exploration



Diane Bradshaw, MS, LPC, NCC, RYT
www.healing-space.org



Do you want to live a life with passion and meaning?

You know how you're going along in life and you feel stuck. Like something's keeping you from living your best life, and you don't know what it is. You continually search for an answer but come up blank. Or maybe you do know, but you don't know how to get through it, past it, or beyond it. You wonder to yourself, "Is this as good as it gets?"

BUT something INSIDE tells you there's more, something better.

What we do at The Healing Space is teach you the tools to help you figure out what's keeping you stuck, with rapid results. We help you live your best life, a life that's real, authentic. And you know what? THE ANSWERS ARE INSIDE!

The Healing Space promotes well-being and personal growth. Through therapeutic journal writing, guided imagery and yoga, you will learn to access your inner wisdom and inner healer.

How it works: Research shows cathartic journal writing, guided imagery and yoga all work individually and together to enhance relaxation, improve immune function, lower blood pressure, reduce heart rate and other health-related symptoms due to high-stress lifestyles. While at the same time developing your intuition and accessing your subconscious and unconscious mind for emotional and physical insight and healing.

The Healing Space offers WORKSHOPS, GROUPS, and RETREATS for WOMEN, all tailored specifically to women's needs. Workshops and groups are held in the Carlisle-Harrisburg area and also on-site at a location specified by you. Retreats are in the OUTER BANKS of North Carolina and Pennsylvania.

Individual consultation is available as well where you will be guided on a journey of self-exploration intended to identify and work through what's keeping you from living your best life. Truly a life-changing experience.

"Reconnective Healing," another service offered by The Healing Space, is a spiritual-energy healing modality used to balance body, mind and spirit. Reconnective Healing clients report improvements with many physical and emotional conditions, for example, chronic fatigue, fibromyalgia, stress and anxiety, eczema and chronic pain.

Examples of Workshops and Retreats:

WORKSHOPS:

- Journal to the Self R brand educational workshop
- Write to Health
- Yoga Therapy Stress Reduction Program
- Mind Body interventions in Health and Healing
- Spiritual Journaling
- Healing through the Chakras
- Mood Balancing Yoga

RETREATS:

- Living An Authentic Life
- A Women's Intuition
- Following the "Write" Path
- Healing the Healers
- Wild Women's Weekend and the Art of Letting Go

Go to www.healing-space.org for more information on workshops and retreats.

About Diane:



Diane Bradshaw is a licensed professional counselor, certified journal instructor, registered yoga teacher, and Reconnective Healing Practitioner. Through her own healing journey and deepening spiritual awakening, Diane discovered the power of the unconscious in personal transformation. By using the creative arts for spiritual and emotional growth—journal writing, yoga, guided imagery and expressive art, Diane invites healing and inspires creativity. She envisions helping women connect with their inner, spiritual self and feels inspired as she watches others grow and heal. Diane invites you to explore your inner wisdom in an atmosphere conducive to personal growth.

Email The Healing Space at info@healing-space.org, to be placed on our email list. Or call, (717) 226-2093.

COME GATHER WITH US AT THE HEALING SPACE. . YOU DESERVE TO LIVE YOUR BEST LIFE.



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