

# Affinity Healing Center™

[www.affinityhealingcenter.org](http://www.affinityhealingcenter.org)

## "Every BODY is a Star"



photo by Stephanie Oates

### Facilitated by Deb Waldron in Amherst

We, as a society, are contracting and in shock. Learn how to assist another in expanding and feeling safe. Your feet, hands, upper back, neck, and head form the star of the body.

Energy balancing brings it all together.

These workshops may be taken individually or as a series.

**Saturdays, 10:00 am – 12:30 pm  
January 16 through February 20, 2010**

Foot Massage Workshop – January 16

Hand Massage Workshop – January 23

Upper Back Workshop – January 30

Neck and Head Workshop – February 6

Energy Balancing Workshop – February 13

Every Body is a Star (putting it all together) – February 20

**\$25 per workshop, \$100 for the series**

The last workshop is open to those who have attended all 5. Beginners welcome, no experience necessary

**Sign up by calling 413-549-4359 or email [dhwaldron@comcast.net](mailto:dhwaldron@comcast.net)**

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Every Body is a Star (Bodywork Workshop)  
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