



# Holistic Health & Healing

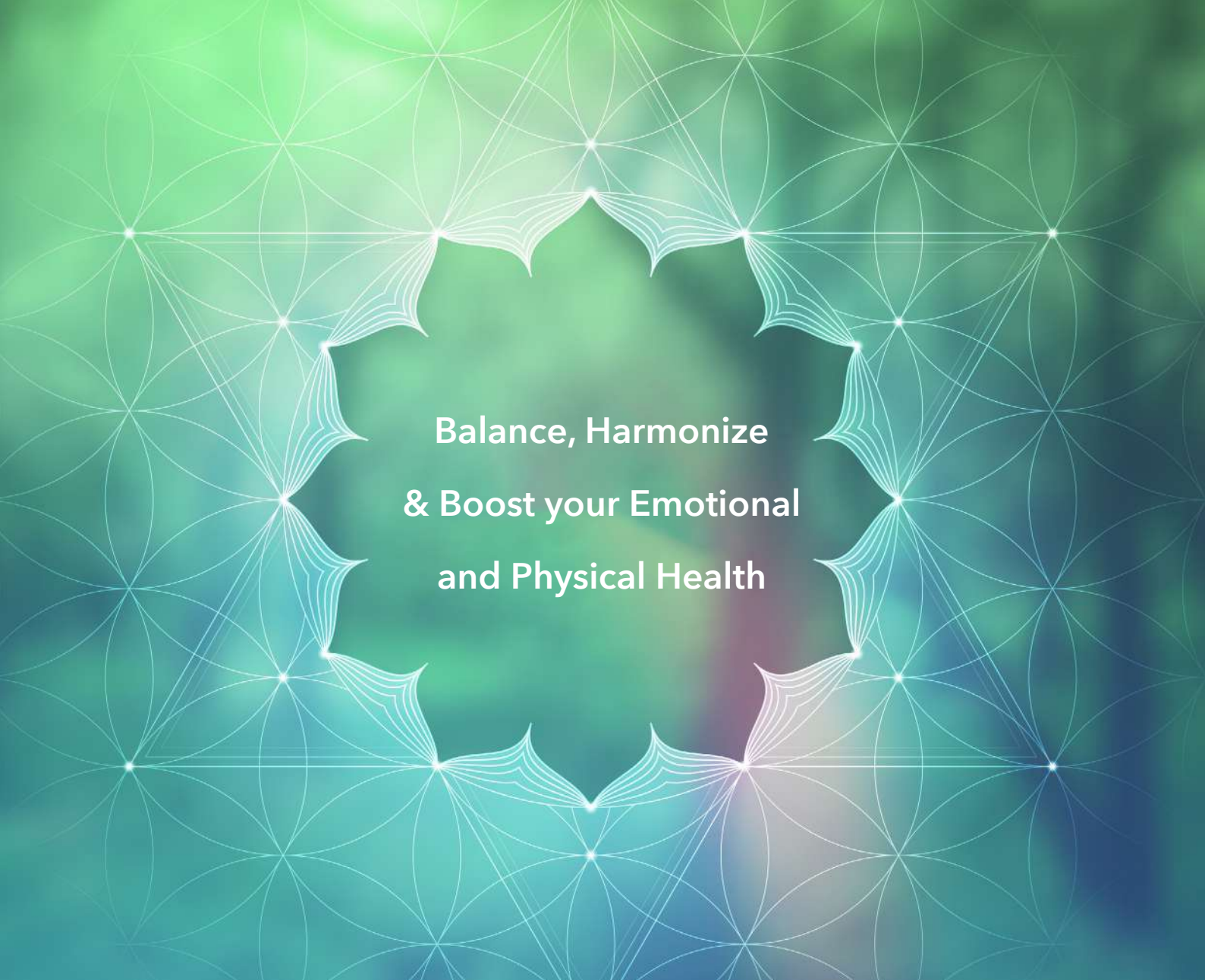
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Five-part workshops  
for companies and groups (on request)

## ‘Holistic Health & Healing Program’

Simply, and with examples, you will learn about **Eastern medicine**,  
which I link with **Western medicine** to show the benefits of each.

You will discover what is *best for you*.



Balance, Harmonize  
& Boost your Emotional  
and Physical Health



## SELF- ACCEPTANCE BOOST CARE

### How is my approach different?

Although stress is basically a stimulus to make us act, around 80% of people today find themselves in a permanent situation of stress, to the point where its negative effects are evident. We should be in control of our actions, thoughts and emotions. With Holistic Health you learn to recognize the signs of stress and to react in time.

With Western medicine we have forgotten to look at the complete human being. We don't see the whole picture. All my life I have been working on reconciling East and West by combining my knowledge of physiotherapy with acupuncture and Eastern medicine. I know for sure that this approach works and have many testimonials to confirm this.

## What does my company get out of this workshop?

Stress, pain, fatigue, burnout, physical complaints, neck and shoulder pain ... these affect people in most companies, especially if they have a heavy workload and demanding targets. We can solve a lot of problems by taking better care of ourselves and by learning to listen to our body.

During these five workshops, which I developed specifically for the business world, I talk about real cases from real companies, and I teach people – and emphasise – the basic principles of self-care. In our daily lives, we often work for hours on autopilot. In fact, for much of our life we are not really there at all ... we are not in the present moment, and may even not be aware of it.





## Why are there five workshops?

Much depends on the type of company and the needs of the employees. In many cases I recommend attending all workshops. I always start from the same basis - Holistic Health – but at each workshop I cover a different topic (see below). You can choose the specific topics you are interested in, or you can sign up for all five complementary seminars (ALL-IN). Each workshop comes with a syllabus, a manual and a support pack.

**1) Burnt and Stressed-Out:** What is stress? The role of stress in our body. The phases of burn-out. Alarm signals. How to recognise chronic stress and ways of preventing it. Improving your resistance to stress.

**2) Sleep Well, Keep Calm and Boost Energy:** What is immunity? How to manage your energy reserves? How to strengthen your immunity and vitality naturally? How well do you sleep? How best to maintain a balance between action and rest?

**3) The Big Five: Emotions and Seasons:** Each season has its own character and energy. By staying in tune with the seasons and learning to understand their different emotions, we can stay healthy and follow the flow.

**4) Food for the Body and Soul:** What is healthy for your body? Can you digest everything, literally and figuratively? Which herbal teas are suitable for which complaints? And what about the soul? What inspires us and gives our life meaning? How do you see life in general, and how do you feel about your own life?

**5) To the point & Be (in) your Element:** Which element are you, according to Chinese five element theory and philosophy? What are your talents, beliefs, values, limitations, habits? Once you know who you are, you can look more consciously at your family and work situations. In this way you learn to understand yourself and others better.

## **What these workshops can teach you:**


- Better insight, more self-knowledge
- Awareness of your personal talents and limitations
- Solving problems creatively
- Firmer resolve to make changes
- Thinking outside the box and developing authenticity.

## **What to expect at each Workshop**

There will be practical exercises, like finding and massaging acupressure points with the appropriate essential oils, seasonal recipes, yoga exercises specific to the season and the relevant organs, and supporting breathing exercises. To finish, everyone will be given a brief experience of acupuncture treatment. You will also be given a bag containing nutritional supplements, gemmotherapies, essential oils, homemade air spray (related to the theme) and lots of tips and suggestions for each topic to support you at each seminar.

## **Happy and contented staff workers are:**

- less likely to be ill (by a factor of 2)
- less likely to be absent (by a factor of 6)
- more loyal (by a factor of 9)
- and they will be 31% more productive and efficient
- and 55% more creative.



**If you require any further information,  
feel free to contact me.**

## About me

I was born in 1982, in Lier, and grew up in the small town of Everberg. Since I was young, I have had a clear idea of my mission, interest and fascination in life: people and their health. My studies to become a physiotherapist and sports physiotherapist were good stepping stones towards further development of knowledge. But I kept looking for more layers and connections: the why, the how, the causes and the deeper roots of symptoms. Sometimes I drove my teachers mad with all my questions: "Yes, but ..." and "Why?" and "Where is this coming from?" I was desperate to gain a holistic view of human beings.

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