



**be the master of your mental health
book a workshop**

The Workshop:

Quiet Mind: Self-mastery of Depression and Anxiety – Curriculum incorporates cognitive thought management, neuroplasticity, law of attraction, biology of belief and the power of thought, movement, and meditation. Elements include relaxation and re-focusing techniques, bio-energy exercises, and dowsing.

The Experience:

- diminish the severity and frequency of depression and anxiety episodes
- learn cognitive thinking processes that rewire the brain
- replace old patterns and triggers with a new roadmap to innate peace and resilience
- access tools for instant reduction of symptoms
- learn bio-exercises that capture the energetic power of Reiki and acupuncture

Create a predictable life filled with confidence and your best self.

The Audience:

- those interested in taking charge of their own mental wellness & PTSD issues
- anyone wishing to reduce or eliminate dependence on prescription medications
- seekers of sustained calm & living in the 'sweet spot' of joy & fulfillment
- creators of new behaviors that are driven by the mind and manifested in the body

Programs are backed up with web resources and suggested readings. Curriculums are personalized to the needs of your organization.

Clients include people moving through cancer, addictions or mental health challenges and motivational and spiritual groups seeking depth and expansion.

Linda's education includes the Omega Institute, Stillpoint Foundation, Barbara Brennan and Donna Eden schools of energy healing, neuroplasticity, meditation, mindfulness, and several alternative health modalities. She holds a BS, is a graduate of Leadership Vermont & the ASTD Train the Trainer program and is currently pursuing certification as a pastoral practitioner at the Center for Spiritual Living.

She is also a 12-year breast cancer survivor and proficient at the mastery of depression and anxiety.

***"Finally, a proven alternative treatment program
for mental health issues."***

See details on Linda's website – spinstrawtogoldvt.com



"Life is not what it seems. It is so much better." – Agartha

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