

Detoxifying, Rejuvenating, & Nourishing the Mind, Body & Spirit

Sofia, Bulgaria
October 22, 24 & 25, 2010

Individual Consultations

Therapeutic Sessions and Sleep Therapy with
Aerin Alexander



Aerin is licensed in the science of Kinesiology and holds certifications in various systems of somatic education and self-healing methods.

She offers treatments based on kinesiology and the Feldenkrais Method® of somatic education: an educational process that, through gentle and simple movements coupled with guiding the attention to the effects they produce in the various aspects of the person, gives it a chance to improve daily functioning.

The method is based on the premise that the body is the primary vehicle for human learning. More precisely, that the movement and the

consciousness that we place on it, is what allows us to modify our actions, improving quality and well-being not only physical but also emotional and mental.

Aerin's treatments not only help relieve physical pain caused by accidents or habits, but also create a greater emotional and mental wellbeing. Aerin is a professor of the *Sounder Sleep System*™ and treats cases of insomnia through self-healing techniques.



Aerin Alexander, M.S., GCFP

Aerin Alexander holds a Masters in Exercise Physiology and has been studying and teaching movements throughout the world for the last 25 years. She holds several certifications including Guild Certified Feldenkrais® Practitioner, Gyrokinesis® Exercises Teacher and Sounder Sleep® Master Teacher. She has been trained in the arts and shamanistic traditions of ancient Mexico by Dr. Carlos Castaneda, Florinda Donner-Grau, Carol Tiggs and Taisha Abelar, and has traveled and taught workshops and classes around the world for the last 15 years. The main focus of her practice has been guiding individuals to expand their awareness through awakening their ability to sense and feel, and recuperate their joy and pleasure in moving. After becoming a mother, Aerin has been passionately engaged in assisting mothers to restore their wellbeing and renew their health and energy. She is the co-founder of Tilo Medical & Acupuncture, a clinic of integrative medicine in California. For more information, please visit www.tilomedical.com

Treatments for pain management, insomnia and other illnesses, as well protocols specifically designed for cleansing and detoxifying the body

will be available, in conjunction with the home program presented at the workshop.

Schedule

Friday, October 23, Sunday October 24th and Monday, October 25th

Session of 60-75min, 55 EUR

*For those attending the workshop there is a 10 EUR discount in the cost of the first treatment.

Please note in your reservation form that you wish to reserve an individual consultation with **Aerin Alexander**. Thank you.

Consultations and treatments with Acupuncture and Integrative Medicine with Dr. Miles Reid



- **Health treatments:** *Traditional medical evaluation and energetic evaluation.*

Integrative treatments combining natural herbal medicine acupuncture and cupping, nutritional evaluation.

*** We recommend taking more than one appointment to deepen the topics covered during the initial consult.**

Detoxification Program

An individual detoxification program specifically designed for cleansing and detoxifying the body will be available, in conjunction with the home program presented at the workshop, ideal for those wanting to get the full benefit of a deep rejuvenation, through cleansing the liver, intestines and skin.

This 21-day program is designed so that it can be done while continuing to do routine daily activities. Also ideal for rebalancing daily stress.

***3 appointments are required for the complete program. Treatments include acupuncture, ear puncture therapy and Tui Na massage, plus a session of Detox Bodywork—a hands-on combination of lymphatic drainage, exfoliation and cupping.**

To see testimonials from other patients who took the program please visit:

www.tilomedical.com/testimonials_detox.htm

Who can benefit from a consultation with Dr. Reid?

Anyone with a health concern, recent or chronic, who wants a new view on how to improve it, a health boost or increased vitality. Both sexes and all ages are welcome.

Preventive treatment

You do NOT need to be sick to benefit from the treatment. One of Dr Reid's main focus of interest is to promote balance and health, not only to correct

problems once they have been presented as a disease or symptoms. Many patients take treatments to strengthen the immune system, improve concentration and general energy or sleep better and repair the body's systems.

Issues best covered by a combination of Acupuncture and Functional Medicine:

- **Fatigue**
- **Intestinal symptoms: gas, bloating, constipation**
- **Tension headaches**
- **Anxiety**
- **Low back pain**
- **Menstrual disturbances of all types**
- **Joint pains**
- **Immune weaknesses**
- **Insomnia**

To see testimonials from other patients who were helped by Dr Reid's treatments please visit:

<http://www.tilomedical.com/testimonials.htm>



Miles Reid, M.D., L.Ac, Diplomat in Acupuncture and Chinese Herbology

Miles Reid is a Licensed Acupuncturist and a National Diplomat in Acupuncture and Chinese Herbology. A medical doctor from Argentina, he graduated summa cum laude from the University of Buenos Aires School of Medicine and practiced family medicine before moving to the United States. He completed a Masters degree in Traditional Chinese Medicine with highest honors from Yo San University in Marina del Rey, California, where he was also a faculty member. In addition to his formal medical training, Dr. Reid has a keen interest in the shamanistic traditions of ancient Mexico, with more than fifteen years of training under the tutelage of Dr. Carlos Castaneda and his colleagues. Currently, Dr. Reid practices integrative medicine at his private clinic in Los Angeles, California as well as giving lectures and clinical consultations around the world.

Schedule

Friday, October 23, Sunday October 24th and Monday, October 25th

Initial visit (105') 70 EUR, follow up visit (75') 55 EUR

*For those attending the workshop there is a 10 EUR discount in the cost of the first treatment.

Please note in your reservation form that you wish to reserve an individual consultation with **Miles Reid**. Thank you.