

*Chef & Nutritionist
Melissa Blackburn Borg
will be creating organic and
seasonal meals to nourish the
body, mind and spirit*



Your 5 days of soul rejuvenation will include healthy meals, snacks, elixirs and fresh juices to focus on cellular nourishment with whole natural local foods.

Meals will be customized based on your health needs or adhere to the protocols that you may be on from your health care provider. Your meals will begin to detoxify the body in a welcoming gentle fashion. Our healthy treats will nurture your emotional heart.

You will also enjoy a cooking class, which will help you reproduce the delicious and nutritiously sound foods in your bright new path. The healthy meal workshops will provide you with new inspiration to eat healthy and stay on track.

*Yoga classes, nature walks and
drumming circles will heal and
inspire the soul
to embrace healing & peace.*

Creating the LIFE of your DREAMS

February 17 - 21, 2017
338 Foul Bay Road,
Victoria, BC



*For the full itinerary for the
wellness retreat and costs,*

please go to

www.alexgellman.com

416 - 456 - 4357

778-817-0172



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Creating the LIFE of your DREAMS



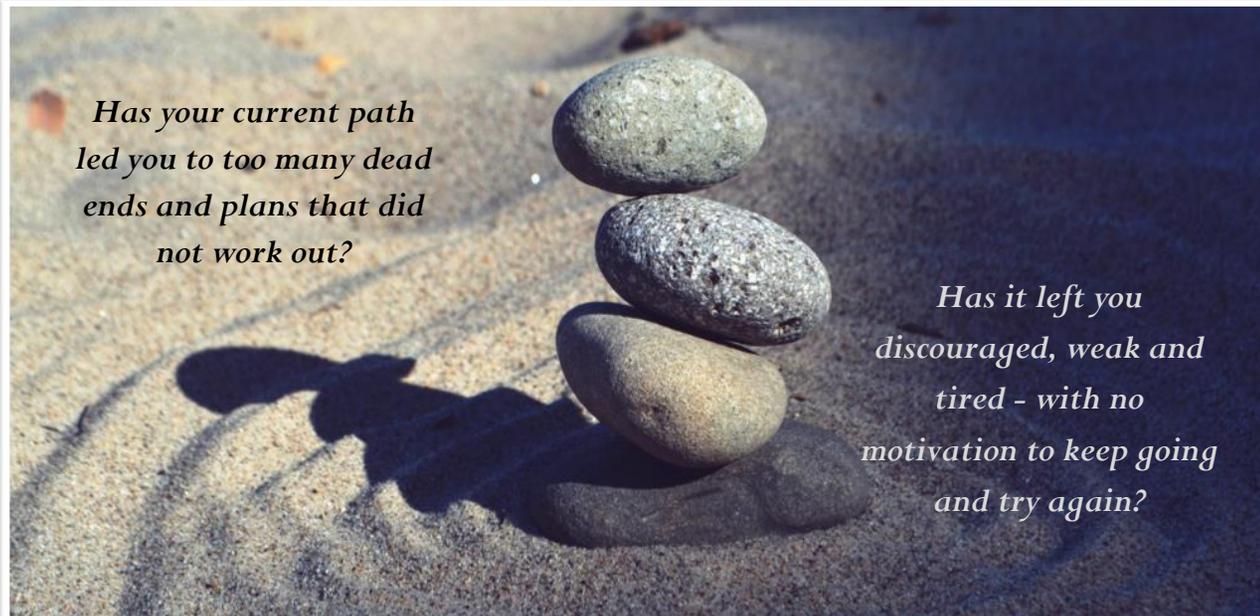
FEB 17 - 21, 2017
Victoria, BC



Your Host



ALEX GELLMAN, PhD



Has your current path led you to too many dead ends and plans that did not work out?

Has it left you discouraged, weak and tired - with no motivation to keep going and try again?

Are you on a path looking for joy, energy, health, happiness, meaning, mindfulness and fulfillment?

If you have answered yes to any of these questions, we welcome you to attend an

Exclusive 5-Day Transformation Workshop

In this workshop, we will teach you how to determine, align and manifest your hopes, dreams and wishes by a series of rituals, which allow you to connect to the spring equinox – the universal day of new beginnings. We will also address the healing and strengthening of the physical body.

Your path to joy, energy, health and fulfillment will be hosted by **ALEX GELLMAN, PhD.** in Integrative Medicine, a third generation Mexican shaman.

You will receive in-depth group workshops, along with personalized suggestions that will give you the tools to transform sabotaging behavior into a new found motivation to care for the body and soul like never before.

HOM, PhD, Homeopath, Holistic Nutritionist, Iridologist with a PhD in Integrative Medicine

Alex has effectively facilitated the health and wellness of patients in Toronto and Victoria, B.C. since 1981.

Most recently she presented at the University of Toronto 2016 Research Symposium revealing the results of her successful 6-month study on the effects of those suffering from Fibromyalgia.

The author of 3 Life Style Wellness Manuals, Alex also created the stress age biological assessment featured in the Wall Street Journal. She has appeared on a variety of health and wellness television shows and has hosted wellness retreats in Sedona and Niagara.