

# It's time to release those frozen shoulders!!

Over the last few months, I have been coming across almost an epidemic of frozen shoulders.

'Frozen' shoulders are not only very painful and debilitating, they can leave you feeling hopeless, helpless, and completely physically and emotionally drained.

There is hope. Through self-awareness and self-knowledge you can learn to understand how they come about and learn to release this painful condition.

"Frozen shoulder to shoulder freedom" invites you to be a part of your own healing process.

This condition needs your attention daily, no outside treatment every week or two will move this condition.

Anna will gently work alongside you, guiding you and giving you powerful information so you change and bring about freedom of movement and mind.

These sessions are specifically tailored for those suffering from frozen shoulder, weak shoulders, or wrist pain, often due to weakness in the shoulder girdle.

Anna will share detailed self-treatment for the different stages of healing.

Self-awareness tools.

Herbs and foods that help to lower inflammation and help with movement.

'Where the mind goes the body follows.'

Your body is an amazing machine, and very capable of healing, if just given the opportunity, time and right tools. You can again soar and play fully in your life, with a spring in your step and a weight lifted off your shoulders.



Frozen shoulder to shoulder freedom.      Saturday 16 /1/16      10.00 am - 12.00

   Saturday 30/1/16      10.00 am - 12.00

\$50.00 for one session or \$85.00 for two sessions booked early.

Please call Anna on 044 925 6008

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Much love,                      Anna xx

