



P.B. YOGA
—
& healing arts

Full Body Reflex & Deep Muscle Therapy Class

Phil Selinsky, N.D

1. Nutrition and Body Chemistry

How food becomes you; how and why it affects your health and vitality

2. Anatomy and Physiology

Study the function of the body from the holistic perspective.

3. Touch for Health

Principles and practice of testing the relative strength of muscles in the body

4. Full Body Reflex Routine

Complete, comprehensive and choreographed pressure point therapy routine

5. Intern Clinic

Students bring challenging clients for evaluation and protocol:

- **HEADACHE & BACKACHE**
- **PMS**
- **CRIPPLING JOINT PAIN**
- **HIATAL HERNIA**
- **WHIPLASH**
- **SPORTS INJURIES**
- **SCIATICA**
- **AND MUCH MORE**

- STIMULATES THE IMMUNE AND ENDOCRINE SYSTEMS
- ENCOURAGES TOXIN REMOVAL AND TISSUE REPAIR
- BALANCES DIGESTIVE SYSTEM DISTURBANCES
- PROMOTES ENERGY FLOW THRU PATHWAYS IN THE BODY
- CHANGES EMOTIONAL STRESS PATTERNS

PB Yoga
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Call Now!
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Approved for C.E.U.'s
Date: January 16, 2005
Time: 6-10 PM (24 Wednesdays)
Fee: \$2,000
www.pbyogaandhealingarts.com