

Eyes Wide Open Wellness Center

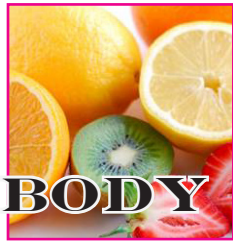
Heal your life

Healing is the end result of loving intention ... it is an energetic equation between the patient, the therapist/healer and the Source. To experience the flow of healing energy, it is essential that we nourish, purify and treat our biofield and our body with loving care.

Mental Counseling, Reiki sessions and classes, Therapeutic Massage, Stress reduction classes and Workshops

9200 Bonita Beach RD SE Suite#101 - (239) 948-9444

EWO's Wellness and Awareness Center offers alternative health services and



life coaching, with bilingual professionals focused on life-quality improvement.

Eyes Wide Open wants to provide you with tools to help you expand your awareness and wellbeing. Eyes Wide Open is dedicated to serve the community. We believe in the importance of education and prevention and we educate through the use of publica-

tions, classes, lectures and events on different issues that could contribute to your well-being. We understand hu-



man beings from a multidimensional perspective: we are physical, emotional, mental, social, cultural, and spiritual beings living in an ever-changing multidimensional world. Awareness promotes mindful living and contributes to

SPIRIT

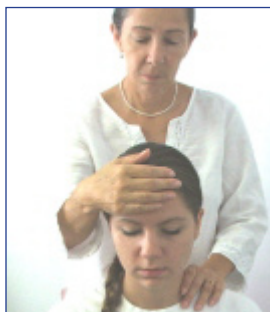


both individual and

planetary health. We believe that staying healthy is an art and as such, requires knowledge, patience and dedication.

www.silviacasabianca.com - info@silviacasabianca.com

Our client's favorite classes are:



REIKI

A natural practice that uses subtle energy fields in and around the body for healing purposes. Healing is returning to a state of align-

ment with our Higher Self or true way of being. REIKI is based on the funneling of Universal energy through the practitioner to the recipient, for the purpose of achieving balance. Classes offered to groups of 2 or more.

SELF CARE

Stress is at the root of all modern illnesses. In our Self-care class, we'll help you identify main sources of stress and find the necessary tools to relax. It is offered to groups of 2 or more.

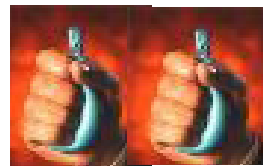
MEDITATION

When practiced on a regular basis, this millenary practice decreases or eliminates stress. Learn and practice basic meditation techniques



Class is offered to groups of 2 or more.

STRESS NO MORE



Explore stress management strategies and relaxation techniques meeting your individual needs. The goal of the stress management program is to help you maintain comfortable and productive levels of daily stress. Offered to individuals and groups by appointment.

THERAPEUTIC ART

We offer courses and workshops for art teachers, people in the mental health field, and artists, on the therapeutic use of art. For the general public: self-enhancement workshops.

NUTRITION

We educate on a variety of nutrition topics encouraging a healthy lifestyle and the understanding of the benefits of healthy eating. Class and community presentations.