



explore the mind, body and spiritual connection in your core fusion® practice

WITH MISSY CARRICARTE

FRIDAY, **APRIL 23** | 10:30am | \$125

One-on-one sessions are available on Saturday between 10:30am and 4:30pm by appointment.



This workshop will teach personalized disciplines of aligning thoughts and intentions with your Core Fusion® practice in a manner that achieves a higher sense of spiritual and physical wellbeing. People tend to focus so much on the body over the course of their Core Fusion® exploration but so many can forget about the importance of expanding their Core Fusion® practice to incorporate the mind and spiritual connection with the physical work on a daily basis. Learning to quiet the mind, live in the moment, and set thoughtful intentions will only enhance the moments each guest dedicates to wellness through exhale and in their daily lives.

MISSY CARRICARTE empowers you to live fully, authentically, and with abundance by breaking down and applying complex ancient theories and spiritual laws to develop simple skills and tools that her clients can use daily to transform quickly. These skills allow you to experience life as whole being, flowing with grace and ease in unity with body, mind, heart and soul. Through her teachings, Missy will activate your inner power and shift your current patterns as you immediately witness the results that are being manifested in your life. Naturally intuitive, Missy is a dynamic visionary who summons over 25 years of experience as a successful entrepreneur, corporate consultant, inspirational speaker and medium, with extensive training in the metaphysical field, to shift long standing patterns and beliefs for instant life, relationship or career altering results. Tapping into her unique talents, Missy is able to bridge diverse disciplines to bring you the gifts of Spirit into your everyday life.

