

COMMUNICATE

SYNCHRONIZE

BALANCE



### FAST AID

- Direct the body's resources to promote healing during injury and trauma.



### CORTICES

- Balance the brain.
- Improves memory & clarity.
- Helps in relaxation e.g. headache, sleep.



### SWITCHING

- Stabilizes stress.
- Reduce anxiety by enabling your body and mind to react differently to the stress in your life.

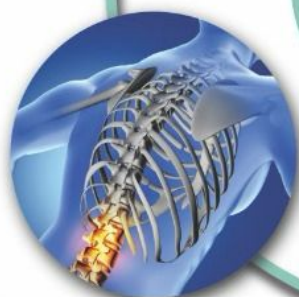


LEARN IN  
**6 HOURS**  
USE FOR A LIFETIME

**5 TECHNIQUES**  
+ FAST AID

### RECIPROCALLS

- Increase Flexibility.
- Enables healthy mobility, balance & coordination.
- Pain relief.



### HYDRATION

- Hydrates the whole body.
- Allow your cells to efficiently utilize the water you drink.
- Finding vitality and joy while decreasing pain.



### BODY CHEMISTRY

- Optimizes the immune system.
- Calm allergies & intolerances.

## Easy-to-do Energy Balancing for Wellbeing

It only takes 10-Minutes a Day to Stay Healthy

Training will happen on: Thursday 20th November 2025, from 1.30pm - 5.30pm.

and Friday 21st November 2025, from 9:00am - 1:00pm.

Location: The Timau Collective, Charges: 15,000/-



Minal Shah - BAT, CBP

+254 721 762 801

minal2000@live.co.uk

Insta: balancedyou.holistic

**balanced**  
www.balancedyou.net