

The Bridge presents an all day exploration with Dr. Steve Templin



Steve Templin, D.O.M., Dipl. Ac.

Steve Templin is a Doctor of Oriental Medicine who specializes in treating the stress-induced roots of much mental, emotional and physical illness. He teaches all of his patients Self-Regulation skills for activating their innate bodily wisdom for healing.

He draws on 30 years of clinical experience offering effective mind-body support for addressing the stress, inflammation, toxicities, and nutritional deficits that underlie much pain and illness. He shares the science and practices that support individuals in directly experiencing and trusting their inner capacity for healing and wholeness. He incorporates science and practices from HeartMath, Epigenetics, Somatic Focusing, Open Focus, and a variety of other somatic and energetic practices, including Energy Psychology.

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envisioning a life sustaining future

THE BRIDGE is a 501(c)(3) non-profit organization that promotes eco-centric living, social justice, personal development, creativity and the dynamic interplay between these interdependent aspects of life.

<http://www.thebridgetampa.org>

Activating the **Heart** OF YOUR BODY'S WISDOM on Behalf of Self and Earth

We're in need of creative solutions that for the most part have eluded our intellect. The intellect itself, without the guidance of heart intelligence, can be very isolating and limiting.

Our hearts and bodies offer a source of felt wisdom that connects us to our spiritual essence, to other beings, and to nature. This more connected way of being has a positive influence on creative thinking, cognition, gene expression and immune function, while inhibiting the stress response that's so damaging to overall health and well-being.

Understanding the emerging science, that's so validating of our inner potential for healing, can help us to more confidently and consistently commit to the transformative practices that lead to healing and wholeness. In this all-day program we'll explore the science and practices for supporting meaningful change.

We will learn

- about the new science that's validating how much control you have over your own health and well-being, including: HeartMath, Epigenetics, Somatic Focusing, Open Focus, and Energy Psychology.
- to experience how this greater 'control' is activated by 'allowing' your heartfelt experience to have a voice.
- how to activate heart intelligence with a simple awareness and breathing practice.
- to discover how your body knows things... as well as your mind...to enhance creative thinking and problem solving.
- how negative feelings are actually your body's wisdom inviting and guiding you to change.
- that your ego's built in 'resistance' to and 'avoidance' of these inner self-healing practices is a bridge that can be crossed.
- that the vast majority of common illnesses are stress induced — and what to do about it.
- how heart and body wisdom can be aligned with natural wisdom on behalf of the well-being of the planet.



**Saturday
Feb 20, 2016**

10:00 am - 5:00 pm

Fee: \$50

Insufficient funds? We are happy to work with you. Two slots are open for Timebank members.



Location: Northwood

Northwood is a private retreat facility on a five-acre natural woodland 30 minutes north of Tampa. Directions sent after you register.

More information,
813-416-3069

contact@thebridgetampa.org

To register please click on this link: <http://www.thebridgetampa.org/component/registrationpro/>