

Your Host



Rabbi
DAVID GELLMAN

Over 30 years of experience in transforming the lives of individuals, families, and corporations, as a spiritual leader, Rabbi, Accountant and a Registered Behavioral Coach.

Rabbi Gellman holds ongoing workshops to offer guidance in achieving a life balance and in making spirituality a principle part of life.

His teaching style combines a wealth of knowledge with coaching skills to ignite people to achieve their dreams.

Creating the
LIFE
of your
DREAMS
— FOR —
COUPLES

March 3 - 5, 2017
338 Foul Bay Road, Victoria,
BC



For the full itinerary for the wellness retreat and costs, please go to
www.alexgellman.com
416 - 456 - 4357



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Are you feeling stuck in the relationship, like you are both going in different directions?



Are you and your partner on a path looking for joy, energy, health, happiness, meaning and fulfillment?

Here is a workshop for couples offering guidance on how to increase passion and joy through improving the lines of communication.

If you have answered yes to either of these questions, we welcome you to attend an

***Exclusive
3-Day Transformation
Workshop for Couples***

In this workshop, we will teach couples how to determine, align and manifest their hopes, dreams and wishes together by a series of rituals which will allow them both to connect to the spirit and energy of new beginnings supplemented with communication exercises to get them both on the same page, speaking the same language. We will also address the healing and strengthening of the physical, mental, spiritual and emotional aspects of self and partner.

You will receive in-depth group and personal workshops that will give you the tools to change your lives and your relationships.



Chef / Nutritionist **Melissa Blackburn Borg** will be creating organic, seasonal meals and healthy treats to nourish the body mind and spirit.

Be prepared to experience insights into your soul as you as you meet the new you when doors open to a swirling world of energy and possibilities initiated at our evening music and drumming circles.

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ALEX GELLMAN, PhD

HOM, PhD, Homeopath, Holistic Nutritionist, Iridologist with a PhD in Integrative Medicine

Alex has effectively facilitated the health and wellness of patients in Toronto and Victoria, B.C. since 1981.

She is certified facilitator of MBTI (myers Briggs Type Indicator) that she uses in coaching couples to improve lines of communication and in couple coaching.

The author of 3 Life Style Wellness Manuals, Alex also created the stress age biological assessment featured in the Wall Street Journal. She has appeared on a variety of health and wellness television shows and has hosted wellness retreats in Sedona and Niagara.