

Dr. Garrett Hewstan is coming to Modesto!

Join us for a Life-Changing Experience with Reorganizational Healing!

Friday and Saturday, September 28th and 29th

My sports therapist/trainer/life coach is coming to Modesto for 2 days. On Friday he will do specialized bodywork sessions. On Saturday there will be both a morning and an afternoon session. The morning session will be an interactive experience with nonviolent communication and in the afternoon Garrett will lead us through various experiences called the 12 stages of healing.

Dr. Garrett Hewstan practices a multidimensional system of well-being called *Reorganizational Healing*. I booked an appointment with him when I was suffering from Plantar Fasciitis and was not finding relief from all the conventional techniques. His bodywork and wellness sessions are so effective that I am willing to take a full day, once a month, to go to San Francisco for an hour-and-a-half session with him. Garrett has worked as a massage therapist at the Ritz Carlton Hotel and was also on staff as a bodyworker for the Philadelphia Flyers professional hockey team. He practices Yoga daily. He has also been a yoga instructor, receiving his yoga teacher training at Kripalu Yoga Center in Western Massachusetts.

Garrett is a chiropractor who was originally inspired by the body and life transformation he experienced under the care of his own chiropractor. What was so unique about this care was that it was gentle and taught the body how to self-correct! He began studying this modality after several years of guided care. Garrett then came to California to attend chiropractic school where he continued to learn this technique as a specialty.

His interactive bodywork sessions incorporate guided breathing and an analysis of each person's unique presentation. Garrett has not only helped me overcome the issues with my feet, but has addressed other concerns like tightness in my hips, lower back pain, and neck and shoulder tension and pain... Each time I see him, he teaches me things I can do at home to continually transform my body -- and the benefits extend to my emotional well-being, as well as my physical. I have found long lasting benefits, not just momentary relief. Garrett has become a trusted adviser and friend.

Garrett's work is based on the Triad of Change. Like the three sides that form a triangle, there are three ways to approach Reorganizational Healing:

- **Self-Correction**, facilitated by an experienced professional
- **Self Regulation** through your own practice – and—
- **Learning and Practicing a Needs-Based Consciousness** – Nonviolent Communication (**NVC**)

Friday, September 28th

Appointments on Friday will address the **Facilitated Self-Correction** phase of the triad. Garrett has a limited number of bodywork sessions available on Friday. Those slots are filling fast so let me know if you want to be added to the list! This session is about developing ease and rapport so that Garrett can guide your body through the process of self-correction. The cost of a one-hour bodywork session is \$125.00.

Saturday, September 29th

10:00 a.m. to 1:00 p.m.

Garrett will lead us through an interactive process where we will experience the difference between a judgement-based consciousness and a needs-based consciousness. This approach is radically different from the ways we were all educated to think and speak. **NVC** is based on the teachings of Dr. Marshall Rosenberg, who asks us to "**hold no enemy images.**"

Jack Canfield, author of **Chicken Soup for the Soul** Series:

"Nonviolent Communication can change the world. More importantly, it can change your life. I cannot recommend it highly enough."

NVC will challenge us to look at where we can apply these skills, so that we may become the catalyst for more understanding, cooperation and harmony in our lives and in all of our relationships...including the one we have with ourselves.

(I can provide you with some resources about NVC if you want to look them over before Saturday)

1:00 to 2:00 p.m.

A Healthy Lunch will be provided

Saturday, September 29th continued

2:00 to 5:00 p.m.

This session is an integral part of **Reorganizational Healing**. We will experience each of the **12 Stages of Healing developed by Dr. Donny Epstein**. Garrett will guide us through each exercise (stage), where we use our hands, breath, and movement to discover, transform and awaken ourselves. These exercises (stages) will address various parts of our healing, ranging from:

- Feeling stuck and disconnected from ourselves
- Taking back our power
- Moving past self-limiting beliefs, and
- Experiencing a more embodied, awakened state of consciousness.

We request that you wear loose fitting clothing and bring a yoga mat or blanket! Part of this work is done on the floor.

This day of healing is about empowering you with practical tools that you can use any time you want. These tools will help you take your wellness and self-awareness to the next level.

We're excited for you to join us for this day-long retreat dedicated to your health and wellness! Feel free to invite anyone you like. We hope to see you there!

Location:

The home of Chad and Cheryl Brown
3731 McReynolds Avenue, Modesto, CA 95357

Cost:

Friday: 1 Hour Bodywork session: **\$125**

Saturday: A Full Day of Reorganizational Healing: **Donation Based**
(The agreement with Garrett is that you provide written anonymous feedback
at the end of the day, along with your donation)

Please RSVP: Chad Brown 209-604-4852
cwbrown@gmail.com
