

Try the Body Logic Experience

For Better Mental Wellbeing

The Body Logic Experience (BLE) helps improve your mental wellbeing by:

- Balancing body and mind
- Reducing anxiety and improving sleep
- Boosting happiness

In just one session, you'll feel ultra-relaxation increasing awareness of your surroundings. Regular sessions expand awareness and help you feel even better.

WHAT TO EXPECT

- A 60 to 75 minute session that feels like a "vibrational massage" with calming vibrations
- You will leave first session in a state of Ultra-Relaxation, a heightened sensory state
- After your first session, you can choose to continue with a 12-session program or share your experience with friends.

PREPARATION

- BLE targets participant skin and spine for stimulation
- Wear comfortable clothing, like shorts, so we can easily access your back. We also have smocks for women.

LOCATION –

- 2525 Wallingwood Dr., Building 1, Suite 124, take an immediate right turn toward building 1, take the external staircase of building 1 to suite 124

POST SESSION

- Pay attention to how you feel and your surroundings.
- We'll guide you through a simple 5-step program to increase awareness
- Your stress response will shift
- Reactivity to situations and people will decrease significantly

SCHEDULE SESSION

Intro Sessions are available: Monday 1pm to 5pm; Tuesday 11am to 2pm; Wednesday 10am to 2pm; Thursday 1pm to 5pm; Friday 10am to 12pm

SELECT several times and text to Dr. Bruce Wayne at 512-431-8531 or email - drmel@bodylogicinstitute.com

FOR MORE INFORMATION

www.bodylogicinstitute.com

