



For over eleven years Middle Way Health has been providing psychotherapy and consultation services. In keeping with this tradition of transformation, we have further expanded into a center for healing, creativity and growth.

NEW PROGRAMS

Expressive Writing Coaching helps connect your outer experiences to your inner world through the power of written expression. It facilitates self awareness and an opening of the mind, motivating us to act in accordance with our desires.

Our transformative style of **Hypnotherapy** will help you understand the unconscious issues that stand in the way of having a spirited life.

Shamanic Healing brings back lost parts of the soul, removes negative thought forms from our spirit and increases personal power.

Nutrition & Health Advocacy is a personalized, structured program that includes biofeedback, health services management, and nutrition and lifestyle coaching.

Heart & Soul

Falling in Love with the World Again
www.MiddleWayHealth.blogspot.com

Middle Way Training Workshops

Based on the novel
Something So Obvious

MIDDLE WAY HEALTH

708 Alhambra Blvd., Suite 2
(Between G & H Streets)
Sacramento, CA 95816
(916) 492-9007
www.MiddleWayHealth.com



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