

# A BREATH *of* HOPE

L U N G F O U N D A T I O N

## A Breath of Hope Women's Group

Providing topic driven meetings about subjects important to women who have lost their spouse to cancer.

Thursday, June 8, 2017, 7:00-8:30 pm

Topic: Stress reduction



Nina Roberts Salveson, D.M., M.A. is a certified advanced Life coach, metaphysical healer, natural wellness guide, yoga teacher, ayurveda-yoga therapist and Prime of Life purpose, wellness and radiant life Guide.

Nina is also a Certified Life and Metaphysical Coach, Hypnotherapist, Hypnocoach, and Infinite Possibilities Trainer, Reiki Master, Reconnective Healing and Energetic Healing Practitioner, and a former corporate executive in the medical, nutritional and adjunctive health and wellness fields.

### **Background**

She has a Master's Degree in Counseling and Positive Spiritual Psychology. She credits her ability to sit quietly, listen inwardly, and follow the guidance of her heart to her on-going yoga and meditation practices, as well as her life-long interest in personal and spiritual development. All were instrumental in assisting her in creating and living a life she absolutely loves.

It is her desire to teach you to do the same!

With 3,000 hours and two decades of experience in the life coaching, spiritual guidance, healing profession and movement living arts. She is grateful to her many teachers all her teachers and every student or client she has met for

opening the door to her own path to freedom, recovery and health.

Nina's background as a counselor, therapist, Life coach, energy medicine, healing and yoga sparked my interest in the subtle and therapeutic aspects of yoga.

**A Breath of Hope Women's Group** provides a safe place for widows who are looking for support, healing and a chance to meet with other women who have experienced the loss of a spouse to cancer. Monthly meetings will offer a topic and guest speaker. Participants may choose to share or just listen in an environment of mutual respect and confidentiality.

**Contact and Registration Info:** Amanda Pederson, [amanda@abreathofhope.org](mailto:amanda@abreathofhope.org), 952-405-9201

**Location:** Wayzata. Exact address will be provided after RSVP.