



# Equilibrium3 **Essentia** Experience

[equilibrium3.com/essentia](http://equilibrium3.com/essentia) | [sandie@equilibrium3.com](mailto:sandie@equilibrium3.com) | 513.253.5681

## FOCUSING ON THE WHOLE PERSON.

Equilibrium3's **Essentia Experience Therapy™** is offered by **Sandra Brock** and is focused on the integration of Body, Soul and Spirit—the whole person. How we think, feel, act, relate, process and heal, influences the balance in our bodies, the peace in our souls, and our capacity for meaningful spiritual connection. **Essentia™** combines prayer (focusing on the soul and spirit) with physical touch, completing the circle to bring healing and balance to the whole person.

Taking care of the soul and spirit is important work. Many ignore symptoms of imbalance in their hearts and minds and end up carrying the effects in their bodies. Responding quickly to painful issues and seeking healing for our souls will not only give us peace, but will help keep our bodies healthy.

Are you experiencing fear, anxiety, depression, unhealthy habits, heartache, grudges, unresolved pain, addictions, compulsions, or broken relationships?

Taking time to seek healing for presenting emotions, repeating patterns, unresolved pain, or conclusions and interpretations of past experiences, will lead to a renewed thought life and freedom from destructive behaviors. My desire is to help you be at peace and fully alive in the present.

**Essentia Experience™** sessions integrate both Prayer and Touch. Although not a traditional massage, **Essentia™** includes JB Myofascial and Craniosacral Therapy, touch elements, and may include some stretching and movement. **Certified Pure Essential Oils** may be included to support the healing process.

Visit [equilibrium3.com/essentia](http://equilibrium3.com/essentia) to find out more about these ninety minutes sessions. To book an appointment, email [sandie@equilibrium3.com](mailto:sandie@equilibrium3.com), or call **513.253.5681**.

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Sandra Brock



## BODY, SOUL AND SPIRIT ARE DEEPLY CONNECTED.

**Expertise.** The body, soul and spirit are deeply connected. I have over 25 years of training and experience in mentoring, spiritual direction, prayer counseling and listening/healing prayer, and have been a licensed massage therapist since 1997. I have spent considerable time prayer counseling and mentoring both singles and young couples and have been an integral part of the Vineyard Central Community in Norwood, Ohio since 1993.

Trained in spiritual direction, I have also been an on-call staff member offering prayer and bodywork with **Sustainable Faith**, a retreat facility in Norwood, Ohio. Additionally, I have used these gifts for a number of years contributing to the **National Vineyard** team on **Pastoral Sabbath Retreats** which are focused on restoration.

In 2012, I received an award from the Cincinnati organization, **Connections-A Safe Place** for using my professional skills to provide a safe and trustworthy environment for victims of sexual abuse.

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