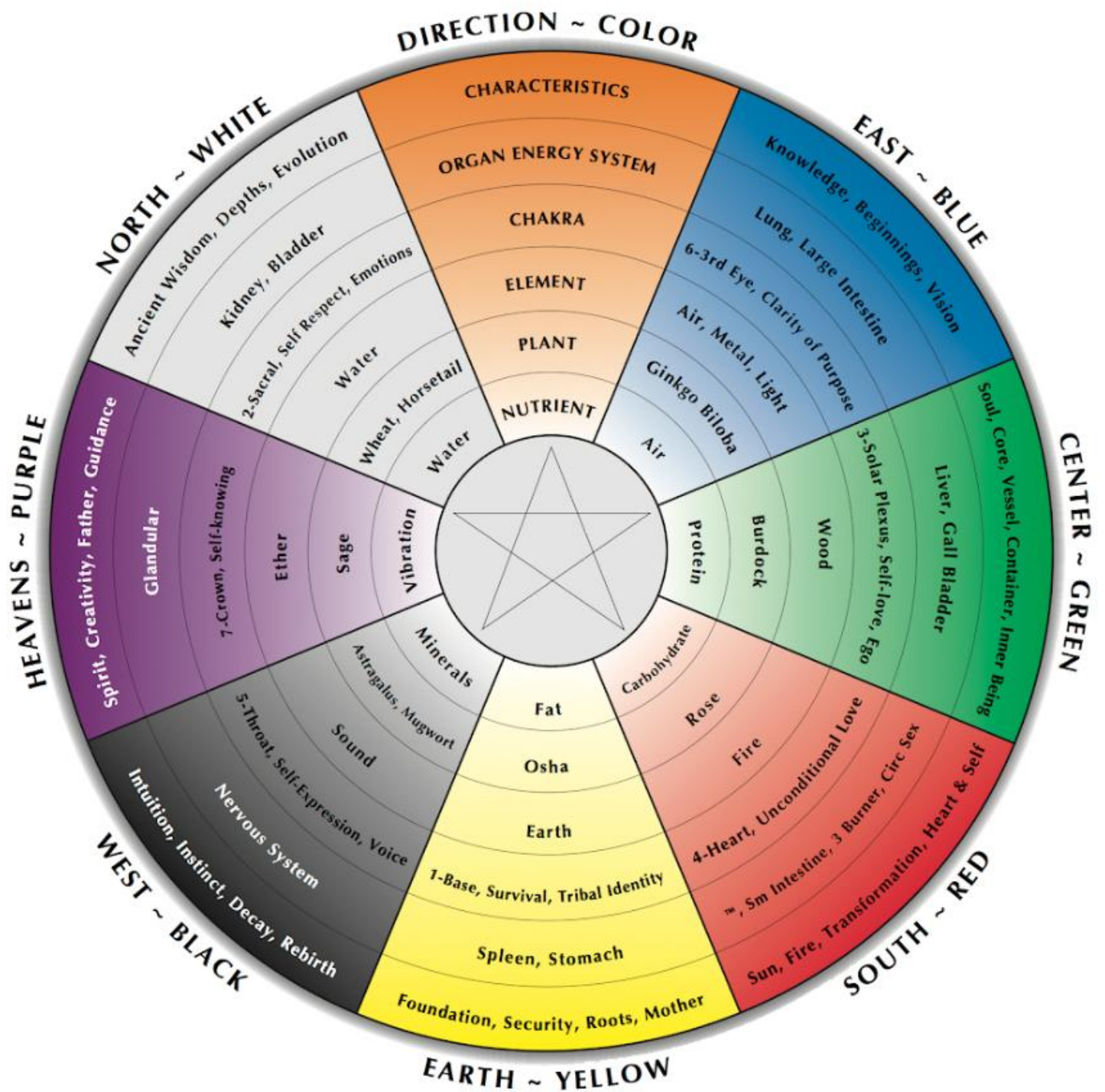


# *Medicine Wheel of Nourishment*



By: Esther Cohen



The Medicine Wheel of Nourishment is a synthesis of numerous ancient and present day healing modalities. It is a map, which allows one to look at any process to see the correlations and effects upon every direction of the wheel. For each area of focus there is an antidote that offers balance to our dynamic human system. It provides a deep perspective from which to understand the multi-faceted nature of the cycles of life. It is a guide towards integrating the invisible, elemental, emotional and physical expressions of deficiencies and excesses inherent in every relationship.

Remember, this is only the beginning – a jumping off point. During our year-long training program, "Inner Alchemy", we delve deeply into the interplay represented in this map as a tool for personal development.

Inner Alchemy is a "living school" where we teach through the Art of Embodiment. It is an educational experience that fosters connection to self, community, the natural world and spirit, to live authentically into your souls' unique calling.

Find out more at: <http://alchemyofnourishment.com/training-programs/>