



WORKSHOPS

Mii amo

When the Body Whispers

Presented by Anna Schreiber

3:00 – 4:00 pm
Mii amo Library

Explore the hidden messages your body is communicating through your various aches and pains. In this interactive workshop, we will explore more deeply the nutritional, emotional and mind-body connections of some of the most common sore spots such as the neck, shoulders and lower back.

ABOUT THE PRESENTER

Anna Schreiber was raised in Munich, Germany and realized at an early age she wanted to make a positive difference in the world. After receiving her Massage Therapy certification from the Arlington School of Massage in Jacksonville, Florida in 2007, her passion for health and well-being brought her to Sedona. Anna joined Mii amo in 2012 and is a lead body worker and trainer. Since then she has received her Holistic Health Coach Certification from the Institute for Integrative Nutrition in 2015. She combines her passion for nutrition with healing modalities such as Neuromuscular Therapy, Thai Massage, Ayurveda, Yoga and Non-Violent Communication (NVC). She works intuitively with the intention to be fully present with her guests to provide a deeper connection in a nurturing environment.