

Devorah Kur

Personal & Corporate Wellness

What is GRATITUDE?

Recently I heard a woman speaking about her tragic journey of losing her husband when she was just 30 years old. She spoke about weeks of tremendous grief and depression. She didn't know how she would ever put the pieces of her life back together again, but she knew that for the sake of her small children she would have to.

The courageous way she went about this was starting to notice how much she had in her life that she was and could be grateful for. It was GRATITUDE that helped her move forward and rebuild her life. How amazing! Imagine what gratitude could do for us.....



Dr Bernie Siegel says 'Contentment lies in giving. Giving is better than receiving so we can feel grateful for what we can give others. We all have something to give, and our ability to give isn't related to our financial or physical strength.'

This Month's Tip:

Often we give & don't make time to give to ourselves. When we feel nurtured, we give more of ourselves and feel fulfilled. Nourish yourself with a treatment and feel replenished and vitalised.

My goal through **Reflexology, Reiki** and my **Workshops** is to bring about normal body function and promote a feeling of well-being while encouraging the body to perform at its optimum. When we can shift into a different space, and live our lives as if everything is a miracle, then we invite healing in.... *This is Gratitude.*

What's New:

- Try out the new de-stressing Back, Neck and Shoulder Massage.
- Would love to know what you think of my website.

Specials:

Book for any 3 treatments and receive a 10% discount.

Some Inspiration:

Be Thankful - Unknown author

"Be thankful that you don't already have everything you desire.

If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

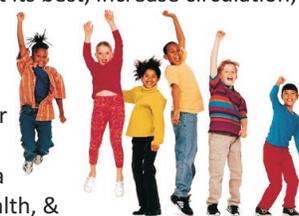
Find a way to be thankful for your troubles, and they can become your blessings."



What Reflexology can do for KIDS:

Reflexology is used as a tool to help with childhood illnesses/ conditions such as, colic, fatigue, ADD, stress, growing pains, coughs & colds, eczema, ear and throat infections & chronic conditions. It helps control bedwetting, sleep-patterns & boost self-confidence. Reflexology treatments in a friendly & tranquil environment stimulate to improve the body's systems to function at its best, increase circulation, improve muscle tone & aid elimination of waste from the colon & kidneys.

Reflexology works as another tool with which to address the normal ups & downs of a child's life with regard to health, & as with adults, aids the natural healing processes of their small bodies. Reflexology enables us to help the child create an awareness of "self" of who they are.



Nourishment through your sole.

Reflexology, Reiki, Indian Head Massage, Massage, Motivational Talks & Workshops
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