



Marie-Claude/MC Barrette-Molgat

Certified BodyTalk Practitioner

Wellbeing Catalyzer

Website: stateofwellbeing.ca

Using the BodyTalk System, Marie-Claude re-ignites your body's natural ability to heal itself and fires up your potential for wellbeing.

Marie-Claude/MC is there to facilitate the release of the root causes of your pain, confusion, discomfort and/or disease. She attends to clients with compassion and nonjudgment. Utilizing humour when appropriate, she brings heart-joy and loving-kindness to her work with you.

Each person's life journey is unique as are the ways they heal. BodyTalk sessions are tailored to the specific needs of each bodymind. BodyTalk creates space for new possibilities and an improved sense of wellbeing.

Embrace your healing journey. Explore BodyTalk with MC.

To book an appointment:

Email: mc@stateofwellbeing.ca

Text or call: 204-809-6077

One session is \$100. Or buy 5 sessions for \$450.

Receiving regular BodyTalk sessions can improve your quality of life at physical, mental, emotional and spiritual levels. BodyTalk utilizes the wisdom of your own body to release and/or transform the memories, coping practices and beliefs that hold you back from thriving and enjoying life.

What does a BodyTalk session look like?

Upon booking your first appointment with MC, she will ask you to fill an intake form. Please send it 48hrs before your appointment so she may better understand what is bringing you to BodyTalk with her. You can find a link to this form on her [website](http://stateofwellbeing.ca).

At the beginning of every BodyTalk session, Marie-Claude will invite you to share about how you are doing, your current challenges, how things have shifted for you since the last session and what are your hopes for this session. This will unfold as a conversation.

After this check-in, she will invite you to lay down on a massage table fully dressed. She can also work with you sitting in a chair or from your home.

Our BodyTalk Work...

While you are relaxing fully dressed on a massage table, Marie-Claude will work silently, tuning into your bodymind to intuitively observe the factors that need to be balanced.

As she connects to your bodymind, she may touch your arm, belly and/or head to support her capacity to sense what is happening inside you at a subtle level. She may interrupt the silence to ask you some questions.

As MC works intuitively, some of the contributing factors that are holding you back from thriving will reveal themselves to her. Marie-Claude will share with you her understandings about how these factors relate to each other and affect you.

As we peel a layer or many layers of the contributing factors that hold you back from thriving, MC may tap your head, sternum and belly. She may ask you to participate by holding a body part, visualizing something, taking a few deep breaths and/or by tapping with her. The tapping motion engenders vibrations that resonate down to every cell and supports the nervous system's integration of the changes within your being, and how it relates to your environment.

This process of silent work, verbal explanations and tapping may be experienced a few times during a BodyTalk session.

Towards the end of your appointment, Marie-Claude will let you know when follow-up work may be useful. Many clients have appointments every 3 to 5 weeks. When experiencing acute health challenge, it may be useful to meet more often.

Experience your life unfolding into a
State of Wellbeing!

