



Brian Brooks helps people access their vitality. He trains people to develop skills in mindfulness, communication and empowerment.

In sessions with Brian, people receive peace, clarity and insight. They experience movement from being stuck, from being externally-focused to being internally-resourced and free.

#### Tools for Crow Wing Crest Lodge Retreats

- Cranio-sacral
- Breath work
- Vision work
- Heightened intuitive information translation

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*Brian Brooks lives with direct awareness of the soul/spirit/energetic realm. He trains others to reconnect themselves on all levels and live from their truth, brilliance and wholeness. His training is enlightening and invaluable.*

*- ongoing training participant*

*In my sessions with Brian I am reminded of who I really am, and am able to engage with those parts of myself I don't acknowledge or address on my own.*

*- private session client*

*Brian rocks, dude! I can't tell you how many times The Brookster has helped me de-clutter my frenetic brain. I ALWAYS feel more grounded and balanced after a session with him and I'm always having "epiphanies" (a.k.a. "shoul'da had a V-8" moments) regarding long-term emotional issues with various family members. After chatting with others who enjoy sessions with Brian, I find it interesting that we all get such completely different treatments depending on what we need. I tend to talk and talk because apparently I process best that way. One client told me that she didn't speak at all during a session with Brian, but she had the most intense processing of her weakened gall bladder that she claims prevented her from having it surgically removed. Six years later, she still happily retains all her organs! Regardless of what you bring to the (massage) table, Brian can offer new ways to look at things in your life and at the very least, support your body/mind alignment. Enjoy!*

*-- Kim Bowen, Owner-Crow Wing Crest Lodge*