



Join us for our July Special Event!



KIRA SUTHERLAND

TWO-PART EVENT

Lecture: 10 a.m. – 12 noon

Workshop: 1 p.m. – 5 p.m.

Morning Lecture: *The Astrology of Body Issues*

Is there a person alive that doesn't have issues with body image, weight control or self-esteem? Why is it such a struggle to love the body we are in and how can we be kinder to our bodies rather than fight against them. In this lecture Kira will take you on a journey of weight issues, body image, eating styles, exercise habits and how this is all played out in our astrology. What help and hindrances has our Natal chart given us and how can we learn to work with these issues.

Afternoon Workshop: *Elements of Health*

Come on a journey through the 4 elements and learn about their impact on our daily health. Kira will explore what each element has to offer, what gifts and lessons we can learn from our elemental makeup. We will be delving into the history of the elements, the symbolism for the 4 energetics and how to practically apply this theory to your natal chart and health. Typical of Kira's teaching style this lecture will give you both theory of medical astrology and application for daily life. Come enjoy the energetics of elemental health and see what your chart is trying to tell you.

Kira Sutherland: *Kira is an Australian Naturopath, Nutritionist, Herbalist and Astrologer. She divides her time between clients, writing and lecturing on health, wellbeing and medical astrology. Known for her vibrant, straight forward teaching style, Kira has lectured in Medical Astrology both within Australia and internationally. She is currently hibernating in the mountains of Canada with her family while writing and playing in nature as much as possible. In private practice for over 20 years, Kira combines her knowledge in Naturopathy with her passion for Medical Astrology into a wonderful mix of mind/body medicine. Contact: 1-250 549 0939 | kira.sutherland@gmail.com | <http://www.kirasutherland.com.au/>*

Sunday, July 24, 2016

THE RESERVES AT THE GALLERIA CLUBHOUSE
501 GIBSON DRIVE, ROSEVILLE, CA*
Email for gate code: info@ncgrsacramento.org

**Possible location change — join our mailing list for updates*

Lunch Options & Bundle Discounts available!

Lecture Only

\$15 NCGR members, \$25 non-members

(if pre-registered by July 17)

Price at the door: \$20 NCGR members, \$30 non-members

Workshop Only

\$50 NCGR members, \$60 non-members

(if pre-registered by July 17)

Price at the door: \$55 NCGR members, \$65 non-members