

# The MANA 4-Body Blueprint Experience™

**A Workshop That Changes How You Know Yourself**

**Bring a pen and paper. Wear comfortable clothing.**

We will laugh. We will cry. And we will have lots of fun.

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## About This Experience

This is not just a lecture. It's an experience.

The MANA 4-Body Blueprint Experience™ takes participants on a guided journey through their four bodies: physical, mental, emotional, and spiritual. Exploring how each one shows up, how they work together, and how to harness all four for healing, growth, and living with more intention.

Through a blend of teaching and immersive personal processes, participants will come away with a real understanding of themselves, not just intellectually, but felt in the body.

This is the kind of workshop people talk about for years.

## What Participants Will Experience

- A deep dive into each of the four MANA bodies: physical, mental, emotional, and spiritual.
- How your four bodies & personas communicate, conflict, and collaborate.
- Guided processes and personal reflection built into the experience.
- Practical tools for using the Blueprint in everyday healing and goal setting.
- Laughter, breakthroughs, and genuine human connection.
- Learn to decode the difference between intuition and mental chatter to stop second-guessing yourself.

## Workshop Format & Options

### **Standard Experience: 1 to 1.5 hours**

Teaching + guided personal process. Perfect for wellness days, studio events, and team experiences.

### **Full Immersive: 2 to 2.5 hours (Also includes the MANA Map)**

Expanded experience with the MANA Map process. Participants leave with a personalized blueprint they can use in their personal and professional life going forward.

## Who This Is For

This workshop is designed to work across audiences and contexts. It has been delivered to:

- Corporate teams and workplace wellness programs. AKA Mindfulness in the workplace.
- Yoga studios, Wellness Centers, and Retreat Spaces.
- Practitioners and healers in professional development settings.
- Entrepreneurs and high-achievers ready to lead from the inside out.
- Anyone curious about themselves, no prior experience required.

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## About Your Facilitator

Cindy O'Donnell is a Canadian Registered Massage Therapist, Naturopath, CranioSacral Therapist, Somatic Healer, and Spirit Medium with over 22 years of clinical experience. She is the creator of the MANA 4-Body Blueprint™ a proprietary healing framework that bridges the science of the body with the intelligence of the soul.

Known for being warm, unfiltered, and wildly effective, Cindy has spent two decades helping her clients understand the connection between their physical, mental, emotional, and spiritual selves. Her workshops are equal parts transformational and fun because healing doesn't have to be heavy.

Sessions are available in both French and/or English.

**"Making healing simple & fun."**

— Cindy O'Donnell

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## To Book This Workshop

Cindy works directly with event organizers and venue coordinators to customize the experience for your group size, setting, and goals. Pricing varies based on the number of participants and which experience option you choose. To inquire and receive a custom quote, reach out directly at:

 [cindyodonnell.ca@gmail.com](mailto:cindyodonnell.ca@gmail.com)

 [www.cindyodonnell.ca](http://www.cindyodonnell.ca)

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