



WELLNESS WORKSHOPS

Look Within: Attending to Your Mind, Body + Spiritual Wellness

Take one or two classes, or spend the day with us for this transformative experience.

Saturday, January 26, 10:00 am to 4:30 pm

THE BEST KEPT SECRET IN MEDICINE

Dr. Sally Fisher, Medical Advisor

10:00 - 11:30 am

Discover the best kept secret of medicine. We invite you to dive into the benefits of a plant-based diet and lifestyle viewed through the lens of up-to-date research. Class is \$50.

TAPPING INTO SOURCE & BUILDING INTENTION

Jessica Ibarra, Spiritual Guide

1:00 - 2:30 pm

Learn how to open the door to greater connection and intuition through the powers and abilities of angels. Working with the crystals and colors of the various angels, find out how they relate to you and your intentions. Class is \$50.

BALANCING QI: DISCOVERING MINDFULNESS WITHIN

Diane Chase, Expressive Arts

3:00 - 4:30 pm

Winter is a time for inner exploration and discovery. Join us as we share words, self-care techniques and meditative Qigong movement to recharge our vital life force. Discover new ways to move through this season with balance and grace. *Wear loose comfortable clothing. Class is \$50.



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