



## WELLNESS WORKSHOP

Saturday, March 16

Join us as we explore the power of herbs, sounds and your own intuition.  
Take one or two classes, or enjoy all three transformative experiences.

### THE SONGS WOVEN WITHIN

10:30 am | Yoga Studio

*Alexis Cintron, Yoga and Meditation*

Journey inside as we unlock the treasure of our woven songs, freeing them from shoulds and shames. We will play with the unlimited potential of sound, while weaving intention into our sacred pouches. Journey within. Class is \$50.

### TAPPING INTO THE SOURCE

1:00 pm | Moon House

*Jessica Ibarra, Spiritual Guide*

Learn how to open the door to greater connection and intuition. Learn how to discover your source and the mysteries you have within. Class is \$50.

### POWER OF AYURVEDIC HEALING HERBS

3:30 pm | Willows Kitchen

*Aditti Thatte, Ayurvedic Chef*

The wisdom of herbal energetics and plant remedies can connect us all to the vital roots of existence. Ayurvedic herbs are considered to have powerful digestive therapeutic effects. Learn how to incorporate the secrets of healing herbs in this Ayurvedic culinary workshop. Class is \$50.



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