

Clear your Mind and Body



(Picture of the Crown Chakra)

Learn more about your 7 main chakras (energy centers that assimilate your thoughts and experiences and affect how you feel physically) and techniques you can use to help keep yourself feeling good and in balance!

Every other Thursday evening 6:30pm-8pm starting
January 7th (Jan 7, 21, Feb 4, 18, Mar 4, 18, Apr 1)

\$15 per evening or \$100 for all 7 weeks

Includes handouts

Bring a friend! You both will receive \$2 off per night.

Please RSVP 540-4114 or wendi@peacefulspirit.biz.