

INTEGRATED
HEALTH



WELLNESS DAY
IN THE BORO

SATURDAY, JANUARY 25
9 AM - 5 PM

JOIN US for demonstrations, workshops, meditation, yoga, the Salt Cave, aura pictures, tours, and more!

FREE WORKSHOP @ Essential Yoga & Wellness

- 9:15-10 YOGA w/Jenny Henderson - Link: to sign up:
https://www.essentialyogawellness.com/schedule/36c09596a50a-49a2-82a2-98641b2968b9_1737814500
- 10-5 AURA PHOTOGRAPHY w/Karen George of Aura Photography (all day)
Fee: \$45/picture

FREE WORKSHOPS @ White Dove Circle

- 10:30-11 Healing with Essential Oils w/Tracy Willis
- 11-Noon True Healing and How to Achieve It w/Pat Zimmerman
- Noon-1 Meditation in the Salt Cave w/Lisa Schell
- 1-1:30 Sound Bath w/Terry Baker
- 1:30-2 The Chinese Year of the Snake w/Pat Zimmerman
- 2-2:30 The Importance of Grounding w/Heather Bauer-Nilsen
- 2:30-3 Energy Healing w/Christy Garrett
- 3-3:30 Healing with Herbs w/Cathy Feinauer
- 3:30-4 Tree Essences w/Jim Wachter
- 4-4:30 Flower Essences w/Pat Zimmerman
- 4:30-5 Healing Blankets, Hand & Body Balm w/Pat Zimmerman

BROUGHT TO YOU BY:



White Dove Circle of Light & Love
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whitedovecircle.org



Essential Yoga & Wellness
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