

# ground luminosity

## Eastern Wellness Center



## EVENTS & WORKSHOPS

### JOURNALING OF THE SOUL

**JANUARY 27 11:00AM-12:30PM (\$25)**

This powerful tool of Soul Journaling, you will discover clarity & understanding of your own inner wisdom with *Lisa Barbara*. A deeper realm of alignment to your own soul & purpose.

### TAI CHI WORKSHOP

**FEBRUARY 3-APRIL 7 9:30-10:30AM (\$100)**

This is a *10-Week Course* on Saturday mornings with *Curran Latchford*. Tai Chi is a martial art of movement that utilizes the ancient philosophy of Yin-Yang & the Five Element theories for its foundation. Practicing can reduce tension, lower blood pressure, & alleviate stress.

### NEW MOON CELEBRATION

**FEBRUARY 15 7:00-8:30PM (\$27)**

Join *Joanna Chodorowska* on a journey to self-discovery while releasing our fears of moving forward into our dream manifestations. She will use The Path To Heal system using sound healing & essential oils to help us identify & heal aspects of self where we lack kindness.

### COOKING CLASS

**MARCH 8 7:00-8:30PM (\$35)**

*Gina Compello* will teach you how to create a balanced meal using a variety of plant based foods. This class will cover how to prepare a soup, grain & a vegetable dish. Class includes samples of food & how to use food to create meal plans.