

# ground luminosity

Eastern Wellness Center



## EVENTS & WORKSHOPS

### FALL INTO WELLNESS: OILS CLASS

**OCTOBER 18TH 7:00PM (\$25)**

Joint and Muscle Support. We'll discuss how to support healthy joints and have strong muscles naturally with the help of Young Living essential oils and oil infused supplements. We'll also discuss some yoga poses that are extremely beneficial to our joints and muscles! *Taught by Abundant Mamas*

### NEW MOON CELEBRATION: INTENTIONAL TREASURES

**OCTOBER 20TH 6:30-8:30PM (\$27)**

With *Rosita Brennan, Feng Shui Master*, we will write up troubles and burn them away with sage and other cleansing herbs. With *Curran Latchford, QiGong Instructor*, we will learn meditation techniques to create small spaces of peace and openness in each day that will act as our seeds of new intention and complete the night with the five treasures of QiGong.

### HUNCH BUNCH

**NOVEMBER 7TH 12:30-1:30PM (FREE)**

*Rosita Brennan* will teach you to hone your intuitive skills and gain tools to listen for and listen to your inner voice. A fun class that uses imagination, inspiration, and intuition.

### FALL INTO WELLNESS: OILS CLASS

**NOVEMBER 15TH 7:00PM (\$25)**

Everyday Stress and Sleep Support. We'll discuss how to support everyday stress and restful sleep naturally with the help of Young Living essential oils and oil infused supplements. We'll discuss how to ease nervousness and release stress naturally as well as how to support a restful night sleep. *Taught by Abundant Mamas*