

Saturday, November 13, 2010
“Stepping into Holiday Harmony”

With: Anne Wondra, Sue Katzuba, and Susan Hodges



Kindred Spirit Center
2212 N. Grandview Blvd., Suite 101
Waukesha
FREE!

We invite you to stop by and experience ways to approach this Holiday season with harmony.

- + Arrive when you are able; leave when you need to.*
- + Meet Anne, Sue and Susan.*
- + Experience complementary services that can help your life be in harmony.*
- + Explore other resources that are available.*

For receiving services, first come first served.

12:00 - Refreshments available throughout the afternoon.

*12:15-1:15- Experience Reiki (10 minute session)**Sue or Susan*

Reiki is a means of relaxation; aids in the natural healing of one's body, a way to unblock those places that hold tension; helps promote health.

*1:00-1:45- “3 Steps to Self Care Harmony” **Anne*

Learn ways to enhance your holiday enjoyment.

*1:30-2:30- Experience SEVA Stress Release Acupressure (10 min session)**Sue or Susan*

This is a gentle acupressure method for balancing and renewing your natural state of well being.

*2:30-3:15- Using Oils in Everyday Living**Anne*

Find out how the use of frankincense and lavender can bring peace, calming and joy into your life.

*3:15-3:45- Introduction to Munay-Ki **Sue*

Munay-Ki are nine rites of initiation to become a person of wisdom and power who has accepted the stewardship for all creation. Come and find out.

*3:15-4:00- SEVA/Reiki**Susan*

*3:45-4:30- Connecting to HigherSelf with Hapi Drum **Sue*

Experience the Hapi Drum in a small group setting to connect to a higher vibration within yourself.

Holiday gift certificates will be available for purchase.

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