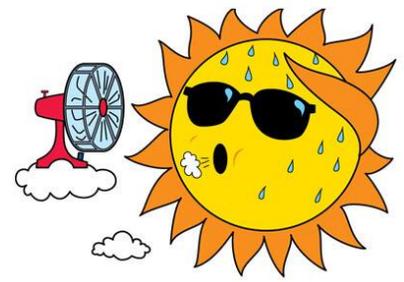


## Learn! Grow! Be Inspired! Classes & Events Cont.



### **7/3 • 7/10 • 7/24 • Open Mindfulness Meditation: 6pm-7:30pm**

Calm your mind, find your center and experience peace within. Reduce stress, lower blood pressure, gain clarity, sleep better, enjoy life. Participants will have the option of stretching or leaving every 30 minutes. \$15/session or 6 for \$60. 734-416-5200

[www.BodyWorksHealingCenter.com](http://www.BodyWorksHealingCenter.com)

### **7/8 Usui Tibetan Seiryoku Karuna Reiki Level 1: 11am-6pm**

Learn energy healing with your hands. You will be initiated with the first symbol in Reiki 1 enabling you to do healings on yourself and others. Certification upon completion. \$150. 734-416-5200

### **7/17 Group Singing Bowl Bath 6pm-7:30pm**

Experience sound and vibrations from 21 bowls to promote health, spiritual well-being and prevent illness. Calm your mind, delight the body and uplift your emotions as you bathe in the rich harmonics of the individual voices of these beautiful bowls. \$20 734-416-5200.

[www.BodyWorksHealingCenter.com](http://www.BodyWorksHealingCenter.com)

### **7/18 Introduction to Pal Dan Gum QiGong: 6pm-8 pm**

Used for millennia to promote radiant health, the 8 Silken Movements are easy to learn. Experience meditation through movement in a mindful and graceful way. Release stress and reenergize. Try it and believe it. \$40. Repeat \$20. 734-416-5200

[www.BodyWorksHealingCenter.com](http://www.BodyWorksHealingCenter.com)

### **7/29 Healing with Crystals 2: 11am-1pm**

Expand your knowledge on using crystals to heal specific ailments, learn different techniques on how to use them on the meridians. Experience guided meditations and learn how to activate crystals. \$44. 734-416-5200

[www.BodyWorksHealingCenter.com](http://www.BodyWorksHealingCenter.com)

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***Pre-Registration and Payment/Deposit Required!***

*All classes held at BodyWorks, Plymouth, MI unless noted otherwise.*

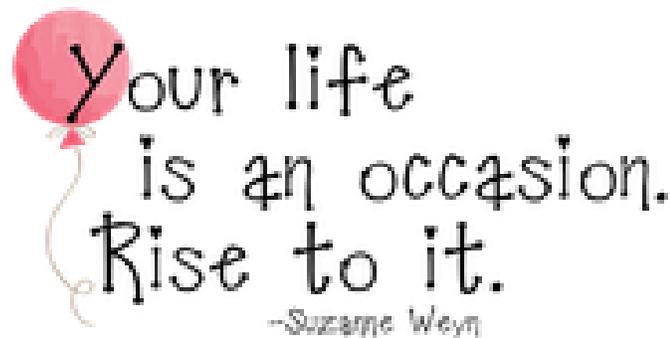
819 North Mill Street, Plymouth, MI48170; 734-416-5200; [www.BodyworksHealingCenter.com](http://www.BodyworksHealingCenter.com)

# Learn! Grow! Be Inspired! Classes & Events Cont.

## Save the Date

### Retreat at the Inn of the Rustic Gate: Living in Gratitude in the Second Half of Life: August 24 5pm - August 26, 12pm

Two pivotal works by author Angeles Arrien will be the focus of our reflections journaling, and exercises. Blessings, learnings, mercies and protections as the four portals to a grateful heart are keys to personal growth in all stages of life but are most pivotal in the second half of life. Single-\$300: Double-\$260: Prices includes lodging, meals, resource materials and taxes. It does not include the purchase of Angeles Arrien's two books: 1. Living in Gratitude 2. The Second Half of Life: Opening the Eight Gates of Initiation. It is recommended that participants bring these works with them for the weekend. (231)796-2328.



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***Pre- Registration and Payment/Deposit Required!***

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