

# *Calm Amidst the Chaos*

*A guided meditation to relax your body, mind and spirit during the Holiday frenzy*



## *Holiday Meditation Opportunity*

Date: Friday, December 14<sup>th</sup>

Time: 6pm

Description: Enjoy a 45 minute guided meditation inside our tranquil Salt Spa, with Certified Holistic Stress Management Instructor, Lori Hepp. Ease the mental, physical and emotional stress of the season and reunite with the joy it brings!

Cost: \$50 for Salt Session & Guided Meditation

**Sign up Now - Space is limited.**