



Join Us for this Fall 2022 Special Event!

Embodied Reset

Ritual Meditation to Reflect, Release, and Recenter



Saturday, September 24th 10:00 - 11:30am

The hustle and bustle of summer is over, and autumn calls us to slow down, reset, and recenter. Embody the natural rhythm and cycles of the earth. Embrace the change of seasons and celebrate the Fall Equinox through ritual and ancestral practice. This is a time of transformation, letting go, and shedding what you no longer need.

You'll be guided through a chakra clearing meditation using breathwork and visualization to help you connect with your intuition, take inventory on what you might need to do differently as you recenter on your goals, and release what no longer serves you. Through journaling, reflection, and ritual, you're invited to return to yourself and make conscious intentions and resolutions to live the life you desire. You'll also receive a series of reflection prompts to work through at your own pace in the coming weeks.

No experience in meditation is required and all spiritual and gender expressions are welcome. \$35

Things to bring: Journal and pen & whatever you need to comfortably relax (yoga mat, pillow, cushion, blanket, etc.)

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Lexie Leonhard is an alternative wellness practitioner who uses holistic modalities to help individuals reconnect with their soul and reclaim their power. She holds a master's degree in Applied Behavior Analysis and is a certified practitioner of both craniosacral therapy and reiki. Her graduate level training and years working with individuals with developmental disabilities influences her overall approach to emotional wellness. She is scientific and spiritual. Educated and intuitive. She believes we are complex beings who require a whole-body approach to wellness. Her own spiritual reclamation led to the creation of Rose Moon Wellness, a practice devoted to supporting individuals in their own evolution through energy wellness, ritual, creativity, and community. Lexie offers group meditation, workshops, and individual sessions at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com