



Join this Fall 2022 Weekly Class

# Sacred Soul

## Emotional Wellness Through Meditation & Ritual



Every Monday 5:30 – 6:30 pm

This weekly class offering is the self-care you need to start the week off right! Through guided meditation, ritual, journaling, music, and sharing, you'll be led to connect inwardly and nourish your soul. This is a time to set aside worries, lists, and obligations while giving yourself time and space to reset. Escape to this sacred space to let go, feel, create, and belong so you can strengthen your intuition and connect with ancestral wisdom through ritual and sacred practice. No experience in meditation needed and all spiritual and gender expressions welcome. Come as you are!

\$15 per class ~ Purchase 4 classes for \$52 (save \$8)

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

**September Focus** September is a time to reset, establish new routines, and slow down. A collective big-breath sigh after summer. This month will focus on recentering, releasing, and setting intentions as the energy shifts into autumn. You'll be guided through practices and ritual to embrace the new season, honor your journey, reestablish resolutions, and tap into your intuition for guidance.

**Class Size Limited** - Please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Weekly classes can be pre-pay or drop-in, but no guaranteed place in class without early sign-up/pre-pay.



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](http://www.WellnessSpaResort.com)