



Join Us for this 2022 Special Event

Winter Solstice Celebration



Wednesday, December 21st from 5:30-7:00 pm

With the busyness of the holiday season – we are offering an opportunity to take time for introspective quiet, internal reflection, meditation and a chance to just BREATHE with this special holiday class.

Winter is a reflection of the mystery, rest, rehabilitation, sleep, meditation and intuition we hold within. Look outside and you see nature at rest, calm, silent... waiting to burst forth in springtime. Winter solstice is a grand celebration of the coming of something new, the return of light following the winter season of shorter, darker days. Christmas, Hanukkah and New Year's are in alignment with winter solstice celebrating rebirth, renewal, potential and light. Join in this group class celebration using seated and standing moving meditation, Qigong, breathwork and intention. This celebration class is intended for adults and/or children 14 years or older. \$20

This is a Time for Regeneration!

Learn how to quiet your inner and outer self, take a moment to regenerate and renew.

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.



Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. since 1994, co-owner Qi Garden Salt Spa and Water Dragon Inn. She is a Master Qigong and Tai Chi Instructor and the author of "The Horse, The Dragon & The 10,000 Things" and holds certification programs to train others to become teachers of her **1 Qi** method. Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit www.DestinationWellness.net or QiGoddess@WellnessSpaResort.com

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