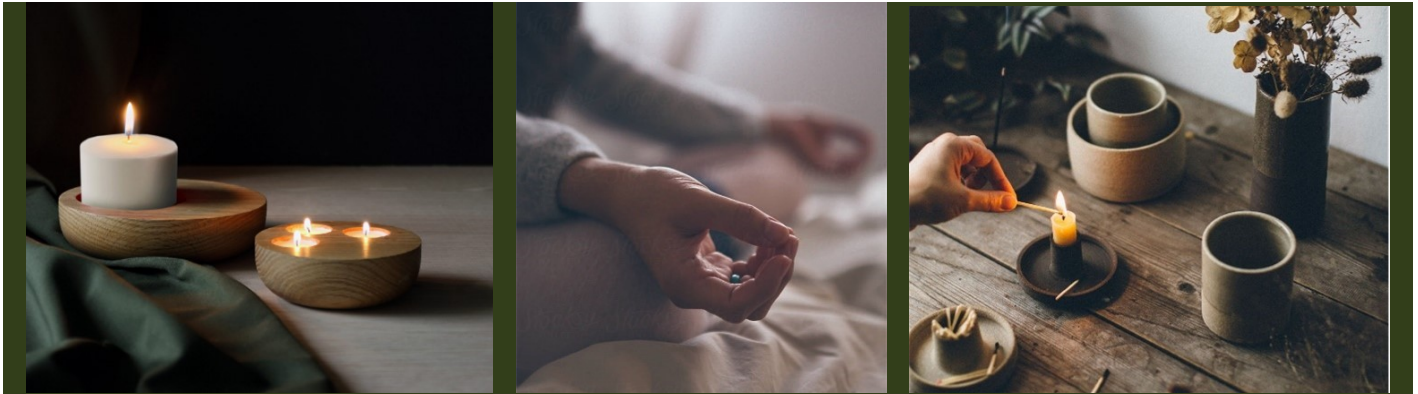




Join Us for this Fall 2022 Special Event!

Closing Ceremonies

End of Year Ritual & Reflection



Saturday, December 10th 1:00 – 4:00 pm

As the year slows down and quietly comes to a close, many of us find ourselves picking up pace and rushing around, trying to fit everything in, constantly on-the-go, planning, baking, shopping, and visiting friends and relatives. In all the hustle and bustle, it's easy to forget the sacred milestone upon us: another year has passed. Before the rush of the holiday season gets underway, take time to honor yourself by reflecting and remembering the lessons of 2022. Through guided meditation and meaningful ceremony, this workshop will provide you with space and guidance to honor all that has happened and all you've learned over the past twelve months. Honoring your grief, remembering your joy, recalling all the things you let go, and celebrating accomplishments and new adventures.

Closing Ceremonies will incorporate a variety of healing and ritual practices, including guided visual meditation, creative reflection exercises, sound healing, breathwork using the ancient Hawaiian spiritual practice of ho'oponopono, and a healing circle. It will be an introspective, reflective embodiment that will leave you feeling grateful and whole.

No experience in meditation is required and all spiritual and gender expressions are welcome. \$55

Things to Bring: Journal and pen, whatever you need to comfortably relax and get cozy (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