



Join this Winter 2023 Weekly Class

Sacred Soul

Emotional Wellness Through Meditation & Ritual



Every Monday 5:30 – 6:30 pm

This weekly offering is a sacred retreat amidst the busy obligations of daily life. It's a place where your soul is nourished, where you can recharge and reset. Come participate in meaningful ritual, relax, and connect inwardly without distraction while surrounded by a supportive community of people like you who just want a moment to breathe.

Each gathering is unique with a collection of various tools to facilitate this spiritual and emotional work: candlelit guided meditation, journaling, sound baths, creative expression, and more. Sacred Soul is all about reflection, emotional wellness, and self-care. This is not meditation to quiet the mind, but to engage the mind in deep soul work that allows you to make the changes you want in your life, to face your truth, and to connect with your intuition.

No experience in meditation is required and all spiritual and gender expressions are welcome.
Come as you are! \$15 per class, or purchase 4 classes for \$52 (save \$8)

Things to Bring: Journal, pen, & whatever you need to comfortably relax & be 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. 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