



Join Us for this Winter 2023 Special Event!

At Home In My Body

Coming Back to Yourself Again



Saturday, February 4th 1:00 – 4:00 pm

We live in a time where it's easy to disconnect our mind and spirit from our physical being. Some of us push our bodies to the point of exhaustion and overexertion, others remain so still that our tissues and joints have become stiff and numb, and many of us house stories of trauma, fear, or shame deep inside ourselves and it's just become easier and safer to dissociate from our bodies entirely. But it doesn't have to be like this forever; this, too, can be healed.

This workshop is a time of reconnecting with your body through intuitive practice. With guided embodied meditation, creative art reflection, oracle card guidance with various decks, and a supportive community to share sacred space, you are invited to reassociate with your body again. A homecoming of spirit and flesh. Grab a friend and join us for a time of free-flowing expression and of healing reconnection with your body.

Art supplies, oracle decks, reflection prompts...everything is supplied for you! Just bring a yoga mat, blanket, journal, and wear something comfortable so you can move and stretch! **3-hour event - \$60**

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