



Join this Winter 2023 Special Event!

Awaken the Goddess Within

Enlightening the female expression through words, movement, and breath.



Saturday, March 4th 10:00am – 12:00pm

Celebrate being a woman. Transform yourself into the woman you know you are and want to be. As women, we care for so many others through our personal lives and careers, busy ourselves with all the details of the days, putting ourselves last over other's needs ... in turn losing who we once were, who we want to be again, or maybe releasing a new goddess that has been hiding inside of us all along. Here is your chance to gently awaken the girl inside, free your eternal spirit, deepen inner healing, and unleash your goddess within. Transformation includes fun, giggles, possible tears, and euphoria!

Let Deborah guide you through 12 simple, yet empowering Qigong movements in a form she designed specifically for the transformation of a woman into the goddess she is. Combining the power of **Words with Intention, Movements made for Women, and Intentional Breathwork**, you will feel the difference in your emotional and physical being as you become enlightened into your own personal empowerment by a realization of that inner power and natural beauty within yourself, opening to the courage and strength to move forward into a life of peace, love, and the joy.

Recommended for women ages 16 and up. No experience with meditation, exercise or health needed – this will be an easy yet profound class to learn how to obtain optimal health, wellness and inner beauty! Please wear comfortable clothing and shoes. Class will be done both seated and standing. **\$35**

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. Creator of Camp Goddess retreats for empowerment of women. She is a Master Qigong and Tai Chi Instructor, training and teaching in China and across the USA since 2006. She is 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 over 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