



Join Us for this Winter 2023 Special Event!

Heal the Healer

A Retreat of Restoration



Saturday, March 11th 1:00 – 4:00 pm

This is a space for healers, a retreat of rest and restoration for those who care for others. Nurses, doctors, medical professionals, therapists, bodyworkers, parents, teachers, caretakers, those caring for aging parents... whatever you do and whoever you are, this invitation is for you. This is a time where nothing is expected of you, and you can simply rest and receive. It's your turn to be cared for.

During this workshop, we'll restore health and vitality to your body and spirit through a sound bath, guided meditation, journaling, creative art prompts, and intuitive connection with your higher self through oracle cards. Hands-on reiki will also be offered to help bring you into a state of deep relaxation, align your chakras, and feel at peace.

Art supplies, journal prompts, and oracle cards are provided! Just bring a journal, yoga mat, blanket, and wear something comfortable so you settle in, rest, and receive. **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