



Join this Winter 2023 Monthly Class

# Mindful Meditation

with Angela May



**Wednesday, February 15<sup>th</sup> 4:30 – 5:30 pm**

It is easy to look outside ourselves for the answers we seek, but all the wisdom we will ever need is within us, if we are willing to be still and listen to our subtle inner voice. By utilizing yogic technology to quiet the mind and connect to our breath, with practice, meditation can open awareness, quiet chaos, improve sleep, and benefit overall health while learning to give ourselves permission to just BE. This class is intended for ages 12 and up, no prior experience needed.

**Only \$10 per class! - February 15 & March 22**

**Class Size Limited** - Please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Monthly classes can be pre-pay or drop-in, but no guaranteed place in class without early sign-up/pre-pay.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist, as well as a Saltologist at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)