



Join in our Spring 2024 Class

# Awakening Wellness Ritual

## Healing Through Meditation, Restoration & Ritual



Every Other Thursday 5:30 – 6:45 pm

April 11 ~ April 25 ~ May 9 ~ May 23

This is a workshop style class that is intentionally and intuitively guided. Each time we meet we will work with different practices and activities, some of which may be self-guided to bring clarity and awareness into different areas of your being. This class is designed to give you time and space for self-reflection, self-study and integration. Some of the practices we may dive into are journaling, meditation, restoration, breathwork, creative writing, oracles, art, sound healing, and discussion to bring forward clarity, self-understanding, embodiment, and personal power.

\$15 per class

Things to Bring: Journal and pen, yoga mat/pillow, cushion, blanket, etc. (whatever you need to comfortably relax)

**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.



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 and co-created “Vibin’ in the Pines” music, art and flow festival to bring an opportunity for many artists to share their own talents. She also works as a Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga and Soothing Sound classes and workshops. She has recently created her new Awakening Wellness Ritual class using her acquired knowledge and experience to guide students into their own personal healing journey.

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