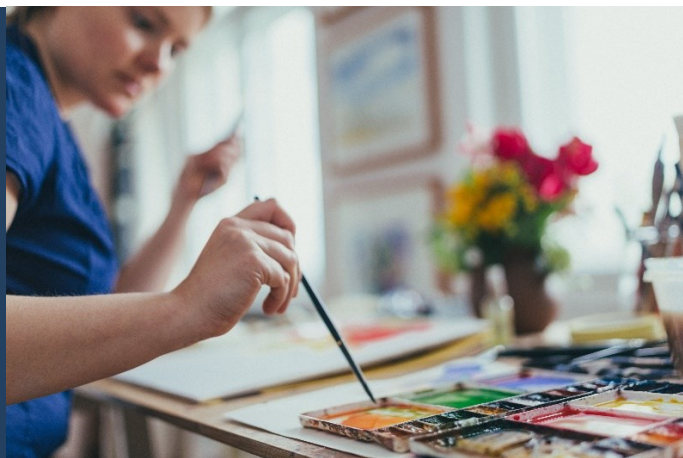




Join Us for this Spring 2024 Special Event!

# Inner Vision Wellness Workshop



**Saturday, March 16<sup>th</sup> 1:00 – 4:00 pm**

Open yourself to deep healing through creative play and enjoyable movement. This is a guided workshop that combines yoga and art in the best of ways! Begin by bringing focus to the body with an invigorating yoga flow class to get energy moving and your creative juices flowing. Then we will bring attention to your soul through creative art through individual painting – you'll have your own canvas and plenty of art supplies to free your soul and allow your inner spirit to be calm and refreshed with peaceful painting while Angela intermittently plays live music to continue your inner journey through artful relaxation. Complete your Inner Vision Wellness journey by calming your mind and settling into a Yoga Nidra practice. Yoga Nidra calms the sympathetic system in your body, which in turn, works to conserve and restore energy. Ending our creative workshop with this yoga practice can offer you immediate physical benefits like reduced stress, better sleep and can even aid in healing deep psychological wounds. Enjoy this relaxing afternoon with Angela while she guides you into balancing your mind, body, and soul to allow you to open up to joy and a profound sense of well-being. Workshop price - \$60

No experience in meditation, yoga or art required. Workshop open to ages 16 and up.

**Things to Bring:** Yoga mat & whatever you need to comfortably relax (pillow, cushion, blanket, etc.) If you do not have your own yoga mat, we will supply what's needed. All art supplies are provided.

**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.



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, Awakening Wellness Ritual and Soothing Sound classes and workshops.

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