



Join Us for this 2024 Special Event

Adams Family Halloween Ritual



Thursday, October 31st from 9:00 – 10:00 pm

Join Deborah while she guides you through a special Qigong ancestral ritual to honor, forgive and have gratitude for those who have passed on or are not physically with us anymore. Using the Chinese Medicine Wheel ritual of cycling through the seasons, directions, elements and internal organs, this class will additionally use the energy and specialness of this evening to infuse love into our cells and souls with the deep power of sound and frequency as Angela plays a variety of instruments; gong, drumming, chimes, and wave-drum throughout the ritual with the option of a personal 'drum bath' towards the end of this special event. Qigong is one of the most profound tools for fostering a connection with your true essence and cultivating the wisdom of the body and creative vision of the mind – paired with live music and beautiful intention, this will be a powerful candlelit event. No experience needed. Ages 14 and up. Class will be done standing – please wear comfortable clothing and supportive clean shoes or barefoot is optional. **Pre-registration is required, and donations will be taken at time of class to go towards efforts in fighting human trafficking.**

Class starts promptly at 9:00pm and no one will be admitted once class begins.

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class.



Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc., co-owner Qi Garden Salt Spa, Water Dragon Inn and The Wellness School. She is a Master Qigong and Tai Chi Instructor and the author of "The Horse, The Dragon & The 10,000 Things". Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her classes, keynotes, and retreats.



Angela May completed 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. She also works as a Saltologist and Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga and Soothing Sound classes and workshops.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com