



Join Us for this Fall 2024 Special Event!

# Meditative Vision Board Workshop



**Saturday, November 9<sup>th</sup> 1:00 – 3:00 pm**

Tune into your visions through creativity, meditation, and intention setting in this relaxed vision board workshop. Working independently with gentle guidance, we will create a vision board that highlights your goals, dreams, and heart's path in a relaxed and laid back environment. Vision boards are a fun and visually pleasing way to set goals, reflect on what you want in life, and tune into your values and affirmations.

All supplies provided, but feel free to bring any extras that you want to use for even more of a personalized board.

Enjoy this relaxing afternoon with Angela while she guides you into balancing your mind, body, and soul while you allow yourself to open up to joy and a sense of well-being, clarity and future mindset in this interactive afternoon workshop! **\$45**

No experience in mediation or art required. Workshop open to ages 16 and up.

**Things to Bring:** Comfortable clothing and personal water bottle or closed-top beverage if preferred. All meditation, art and vision board 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)