



Join us for this Spring Equinox 2025 Special Event!

# Shamanic Pranayama



Friday, March 21<sup>st</sup> from 5:30-7:30 pm

Your breath is your medicine. Welcome spring with this special spring equinox celebration using Shamanic Breath-work Practice that will lead you on a journey to enhance your awareness of your body and energy while fostering a higher state of awareness. It will give you the opportunity to take a deep dive into your inner world to ease any tensions and release that which is stuck, stagnant or hindering your growth. Your experience will be guided in a safe and sacred space with gentle breath coaching and drumming. A great way to prepare and move into the next season!

**Potential Benefits:** 🌸 Slow down the automated thinking process 🌸 Release thoughts and patterns of thinking that hold us back 🌸 Quiet our Mind 🌸 Observe resistance to Life 🌸 Invite clarity of Thought 🌸 Invite new and revitalizing energy into our bodies 🌸 Oxygenation of every cell 🌸 Acceptance of self

No prior yoga experience needed. Open to ages 16 and up. \$55

**Things to Bring:** Yoga mat & water bottle. **Please Note: If you have a heart condition, epilepsy, or risk of blot clots or aneurysm; clearance from a physician is required.**

**Class Size Limited** - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Classes and 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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

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