



Join Us for this Spring 2025 Special Event!

Soothing Sound Reiki & Restoration



Saturday, April 26th from 2:30 – 4:30pm

Treat yourself to tranquility and restoration with an energetic tune up. A theta wave experience through a full sound journey paired with the ancient practice of Reiki healing.

Tap into your body's natural ability to heal and promote relaxation, reduce stress, alleviate pain, release blockages, and improve your overall well-being. This deeply relaxing experience promotes healing to the mind, body and soul through gentle touch paired with the powerful healing of sound therapy that treats the whole person by moving your awareness into a state of relaxation. Reiki can help welcome in feelings of peace, security, and well-being leaving you feeling refreshed and renewed.

No prior yoga experience needed. Open to ages 16 and up. Please bring your own yoga mat/cushion/foam camping mat, pillow, blanket & anything else to keep you cozy, snug, and comfortable. **\$40**

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.

The Wellness Spa's Soothing Sound Instructors:



Tracy Marie is a Stevens Point native and has always been involved in the health and wellness industry. She currently manages a small health food store and enjoys helping people on their path to wellness. She likes to spend her free time with walks in nature, playing the saxophone, and jumping rope. She also enjoys sharing her talents by playing singing bowls for meditation classes.



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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa..