



Join Us for this Winter 2025 Special Class

Grounded for the Holidays:

Mind, Body & Spirit Alignment



Thursday, December 11th from 6:00-7:30pm

The holiday season can bring joy, connection, and celebration – but it can also stir up stress, be overwhelming, and instigate emotional imbalance. In this 90-minute class, we will explore practical and nourishing ways to stay centered, grounded and present throughout the season. Shannon will journey through gentle practices, reflection, and discussion, to cultivate “Presence” for our mind, “Grounding” our nervous system to connect our body, and calming your spirit by “Reconnecting” with what matters most. Participants will receive a coupon for 20% off grounding products for themselves or for a relaxing gift idea. Don’t let the holiday chaos jostle you around this year! Learn how to ground yourself ahead of time with tools and guidelines to bring more peace, balance, and intention into this year’s holiday so you can truly enjoy it from the ground up. **\$35**

All supplies or equipment needed will be provided. Open to ages 14 and up.

***Registration Required - Reserve your place in class today! Book Online www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



Shannon Ramsey has dedicated over 30 years to the health and wellness industry, including 25 years as the Health and Wellness Director for the Woodson YMCA in Wausau as well as five years as a massage therapist. With a passion for empowering women, she combines hands-on expertise with science-backed insights to help individuals navigate wellness trends, debunk myths, and achieve balanced, sustainable well-being. As a speaker, she inspires audiences to take control of their own personal health and embrace a holistic approach to wellness.

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