



Join Us for this 2025 Special Event

Winter Solstice Celebration



Saturday, December 20th from 4:00-5:00 pm

With the busyness of the holiday season – we are offering an opportunity to take time for introspective quiet, internal reflection, meditation and a chance to just BREATHE with this special holiday class.

Winter is a reflection of the mystery, rest, rehabilitation, sleep, meditation and intuition we hold within. Look outside and you see nature at rest, calm, silent... waiting to burst forth in springtime. Winter solstice is a grand celebration of the coming of something new, the return of light following the winter season of shorter, darker days. Christmas, Hanukkah and New Year's are in alignment with Winter Solstice celebrating rebirth, renewal, potential and light. Join in this group class celebration using seated and standing moving meditation, Qigong, and intentional breathwork while Angela provides intuitive live music to embody the soul. This celebration class is intended for adults and/or children 14 years and older.

This is a Time for Regeneration!

Learn how to quiet your inner and outer self, take a moment to regenerate and renew.

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

~ **\$15 minimum donation per attendee** ~

All proceeds from this event go to 'Zeteo Community' to help fund Wisconsin rescue housing and rehabilitation for victims and survivors impacted by human trafficking.



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 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