



# Women's Day of Wellness

**Saturday, October 24<sup>th</sup> 9:00 am – 4:00 pm**

**Choose a Class or Workshop or Enjoy All Three!**

**Make a Day of it and Attend All 3 for Only \$85 (Save \$15)**



## **Meditative Vision Board Workshop**

**With Angela May**

**9:00 – 11:00 am**

Tune into your visions through creativity, meditation, and intention setting, in this relaxed vision board workshop. Working independently with gentle guidance, you will create a vision board that highlights your goals, dreams, and heart's path in a relaxed 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. Allow Angela to guide 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 workshop! **\$45**

All supplies provided for this 2-hour interactive morning workshop!



## **'Awaken the Goddess Within'**

### **Qigong Workshop**

**With Deborah Adams**

**12:00 – 2:00 pm**

Spend a relaxing Saturday afternoon at the spa as Deborah guides you through 12 simple, yet empowering Qigong movements in a form she designed specifically for the transformation of a woman into the goddess she is. Combining the power of Words with Intention, Movements made for Women, and Healing Breathwork, you will feel the difference in your emotional and physical being as you become enlightened into your own personal empowerment, natural beauty within yourself, and opening to the courage and strength you possess to move forward into a life of peace, love, and joy. **\$35**

Suggest wearing comfortable shoes and clothes you can move in.



## **Zumba – Movement Class**

**Introducing Zunneh-bah Jim**

**3:00 – 4:00 pm**

Zumba is a Latin-inspired, dance-based aerobic fitness program that blends rhythmic dance moves with cardio exercise to create a fun, party-like workout. Zumba uses world music—including salsa, merengue, reggaeton, cumbia, flamenco, and hip-hop—combined with choreography that is easy to learn and adaptable. Participants follow a set of basic, simple steps rather than complex dance techniques, and movements can be modified for different ages, fitness levels, or mobility needs. The perfect way to wrap up our Women's Wellness Day! **\$20**

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

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