

Techniques for Easing Tension

December 11

6:30—8:00 PM

*Next to Auto Zone
on Grandview
(Hwy T)
in Waukesha*



Yes, this works!

(And without drugs or pain.)

For loss of sleep, tense muscles, and negative mind chatter. Each month, learn a new body/mind movement to regain your calm and control.

Come to feel better!

Dates:

Nov 20 Introduction to Meditation

Dec 11 Simple Movements that work!

Jan 7 Acupressure Points

Presenter: Linda Farr—Author and Life Coach
West Wood Health & Fitness Center and A Spark Within Coaching

LOCATION:

Kindred Spirit Wellness Center
2312 N Grandview Blvd—Suite 101
Waukesha, WI 53188 | 262-544-4310

Details and Register:

<http://www.asparkwithincoaching.com/booksandworkshops.html>