



## HeartnSoul Yoga Health & Wellness

### Upcoming Events, Trainings and More

#### Mini-Retreat Spa Retreat-Sunday 3/11 - 4-6pm

warm your heart and refresh your soul ! The afternoon of indulgence will relax the body renew the mind leaving you feeling refreshed - mind body & spirit! Ticket includes a goodie bag of memories to take home in our beautiful space at HEARTNSOUL !

This mini spa retreat offers :

- ~indulge the senses with :
- ~soothing sounds
- ~gentle healing massage
- ~aromatherapy
- ~comfort & bliss
- ~himilayan salt lamps
- ~delicious snacks

#### My Aching Feet to Happy Feet - Yoga Therapeutics Workshop April 7

SPRING is a great time to pay attention to the feet👣

Starting with foot! Includes mini foot massage techniques & reflexology !

Happy Feet/My Aching Feet:

**FROM THE GROUND UP!**

With our feet stuffed in shoes and boots all the time ,it's a great time to pay attention to what is going on with the feet They support and ground us !

Good for ALL FEET, maintaining foot health, bunions, hammer toes, plantar fasciitis, fallen arches and proper foot health!

- hands on assessment of foot
- create a blueprint of your foot
- assess your walking pattern
- proper foot alignment
- self-massage techniques
- tennis ball release exercises ! I

**INCLUDES:** 30 minute YOGA PRACTICE & Take home booklet & massage oil!

**AFTER CLASS:** Put your feet up and enjoy a hot tea or cocoa and a snack !

#### Learn to Give and Receive A Basic Thai Yoga Massage April 8th

Share Gift of BETTER HEALTH!!!

- ~relieves muscular tension ~improves circulation
- ~boosts the immune system ~balances body energetically
- ~dynamic bodywork therapy ~based on yoga and Ayurveda
- ~therapeutic art was rooted in the Indian healing traditions of Ayurvedic medicine.
- ~a doctor and yogi treated the Buddha among others.
- ~unique healing art

Reiki One and Two Certification April 14

All day workshop with lunch break . Bring an open mind and leave with deepened intuition, healing stones, , a chakra chart, full level one and two manual , an attunement, and certificate of completion. This training is in the ancient USUI lineage with additional methods developed by the instructor after years of practicing!

All that is required is an open heart and willing mind ...

A rose is a rose ♀ is a rose ♀

Reiki Master Teacher Certification- April 15th - 10 am

All day workshop with lunch break

Must be Reiki 1 and 2 certified and have some experience.

This training is in the ancient USUI lineage with additional methods developed by the instructor after years of practicing! You will learn the history of Reiki, Chakras, the Sacred Reiki Symbols and how to practice Self-Reiki. Learn how to run Reiki certification classes. Give attunements and much more.

Yoga Therapy for Grief and Sadness- May 7<sup>th</sup>

It can be difficult for those struggling with sadness, grief , addiction ( or in the family), loss and disappointment to lead a “normal” life .. Around holidays and special days ( Mother’s Day , Fathers Day) - Grief can be very present .This workshop integrates therapeutic talk, meditation, and yoga for grief, sadness and self-care - healing. NO yoga experience needed. Please bring a journal!

Summer Retreat - Yoga Rest Relax - Cape Cod MA - Last week of July

For students of the HeartnSoul Yogic Community – A 5 DAY retreat in on Cape Cod!

Enjoy Daily yoga on the beach, meditation, massage, reiki and much more!

We will stay in a house on the Cape! Walking distance to the ocean. Includes Meals and lodging!!Campfires on the beach! Guest yoga teachers! Fun in the Sun too!

AMAZING COST! Just \$600pp! The average price for a hotel in the area is \$300 per night!!LIMIT is Ten YOGIS – Please let us know if you are interested asap!



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*Six Week Yoga Teacher Training Program - July and August*

*Nine Month Yoga Teacher Training Program= 200 and 300 hour YTT programs!*

*Yoga Therapy Certification!!*