

Relax and Rejuvenate

Lynnspirations Healing Arts

July 2012

What's New with Lynnspirations Healing Arts?

- ☉ **Reiki for Seniors (Elders) class** -This is a Reiki class for those age 60 and older. In this approximately 3 hour class, you learn more about Reiki, the benefits, and will be able to use it to help yourself, your family and or pets. **\$50.00.**

- ☉ **Red Bear workshop August 4th** -This is an amazing workshop that is going to be at Walnut Woods lodge on August 4th, doors open at noon and class goes through 9:00 p.m. Please see the brochure and contact me if you have questions. My husband has had an amazing healing experience after spending some time with Red Bear.

- ☉ **Would you like to know more about using Essential oils in your daily life?**
Wednesday July 11th, 4:30 p.m. Come to my office and smell and learn about some oils that you can use in your home. Contact me to reserve your spot. **515-975-7236.**

- ☉ **Reiki classes**-Please check out the web site...new pricing for Usui Reiki Master classes-
ART Advanced Reiki Training-\$150.00 Reiki Master class(must take ART first) \$250.00 (2 day class)

- ☉ **Reiki Massage**=I am combining Reiki to balance energy and promote relaxation and massage with Essential oils to create a relaxing therapeutic session. The price is the same as a regular massage.

- ☉ **Vibrational Raindrop**-This is an relaxing experience, approximately 1 ½ hours session combining Young Living essential oils and the added vibration of tuning forks. This helps increase the effectiveness of the oils and helps promote deep relaxation and helps balance energy. Contact me to schedule your session today. **Special \$100.00 during the month of July.**

If you have a gift certificate that you have not used, please use by August 15, 2012.

Lynnspirations Healing Arts Connie Patton LPN LMT Reiki Master Teacher

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