

Second Wind Spirit Collaborative Presents:

A WORKSHOP IN 3 PARTS

SATURDAY JAN 27, 2024

2641 CROW CANYON RD SUITE #4, SAN RAMON

CHECK IN 9:45 AM, WORKSHOP 10 - 12

Reset

Lynn Galliano, M.A., is a holistic behavior analyst, Usui Holy Fire Reiki Master, and certified mindfulness trainer. Using the acronym RAIN (recognize, allow, investigate, nurture) Lynn will begin the workshop with a group guided meditation that will facilitate grounding, centering, and radical self compassion. You will be taught how to use this tool throughout your daily experiences whenever you are feeling fear, anger, resentment or anxiety.



Restore

Monica Kamran founder of Inner Sanctuary Wellness, is an Intuitive Energy Healer, Usui & Holy Fire Karuna Reiki Master Teacher, Mindfulness & Meditation Facilitator, BARS, Healing Touch & Emotion Code Practitioner.

Monica will facilitate a Chakra Balancing Meditation: Healing and Balancing the Seven Energy Centers in the subtle body with visualization and sound therapy.

Release

Lilianna Taylor offers mind-body therapies and classes She is an Usui, Holy Fire Reiki Master Teacher, Zhineng Qigong Teacher and Healing Facilitator, and Acupressure Practitioner. Lilianna is also the “Chief Everything Officer” at Chi Wellspring.

Lilianna will lead you in a mind-body healing practice that includes gentle movement, visualization, and sound to release what is no longer needed on the path to wellness.



HANDOUTS AND JOURNALS WILL BE PROVIDED. A GREAT WAY TO START A NEW YEAR!



SEATING IS LIMITED!
COST IS \$67 PER PERSON,
EARLY DISCOUNT AVAILABLE!
SCAN QRC FOR \$50 TICKET (A \$17 DISCOUNT)
OR USE COUPON CODE SWSJAN24:
<https://HealingwithMonica.as.me/ResetRestoreRelease>
SPECIAL OFFER EXPIRES ON JAN 13!

