

JOIN US FOR YOUR

WHOLE BODY RENEWAL

THROUGH
QIGONG | HYPNOTHERAPY | HEALING REIKI



HOSTED BY:
PHOENIX ALEXANDER FROM ALPINE THERAPEUTIC MASSAGE
LANA STEWART FROM INSTINCTIVE BIRTH + BEYOND

SATURDAY, SEPTEMBER 18TH FROM 10 AM - 2:30 PM

REGULAR PRICE \$250, EARLY-BIRD \$200 BEFORE 9/11

ENJOY THIS VIRTUAL EVENT FROM THE COMFORT OF YOUR HOME!

REIKI

The streaming of energy into our body to bring balance and vitality.

HYPNOSIS

Self-controlled guidance into the subconscious mind to allow for healing, change, or discovery.

QIGONG

Energy healing through breathwork and movement.

TO REGISTER, GO TO WWW.THEHYPNODOULA.COM/REGISTER

FOR MORE INFORMATION ON REIKI, HYPNOSIS, AND QIGONG, GO TO
WWW.ALPINETHERAPEUTICMASSAGE.COM