

WHAT'S HAPPENING IN AUGUST!

Sol & Luna Wellness



Pendulum's 101

If you ever wanted to
learn how to use a
pendulum;
now is the time!!!

Saturday, 8/12
from 1pm to 4:30pm

There are so many uses for
a pendulum, from healing to
locating energy issues in
your home to finding your
misplaced keys.
Come find out more!

Mask Making with the Elements

Join us on
Saturday 8/26
from 1pm - 4:30pm
for a fun and
exploratory workshop!

Decorate a mask
based on one of the
5 classical elements.
Can reveal hidden
aspects of your
inner self.

Amazing!!!

August is back-to-school
month. Special pricing
on all Saturday workshops!

Starting this Month!!!!

Dream Tending with Genie J

We're so excited for the first event from our new practitioner,
Genie J, a.k.a. The Sound Masseur!

On the first and third Monday of each month, Genie will
guide us through what she describes as "Dream Tending."

In this class, we are practicing observing the system as we're
falling asleep. Utilizing soothing sounds & vibration to help
soften and relax the muscles of the body, and to
slow or pause incessant thinking.

Come with your goals, affirmations, and dream journals and
prepare for deep relaxation!

Join us for the first amazing sound journey on
MONDAY, AUGUST 7,
from 6pm - 7pm



Do not miss this!

To see a full listing of all classes and workshops
as well as information about how to register and pay,
always check out the calendar on the website.

www.solandlunawellness.com/calendar

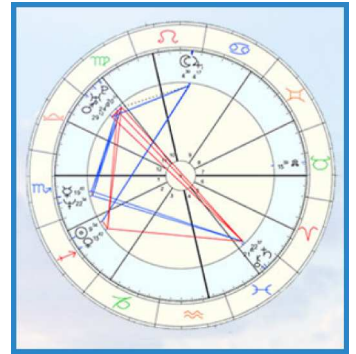
Learn to Read an Astrological Chart

Curious about astrology? Start here!!!!

Join us Saturday, August 19 from 1:00pm- 4:30pm

This is the first of 5 astrology classes that will be offered over the new few months.

In this class, we'll learn how to read an astrological chart. That is the '**wheel**' you receive when you have an astrology report done. This class is an overview of what all the glyphs and lines mean. Future classes will go into depth about one or more of the items found on the chart including astrological signs, planets, houses, and aspects.



And don't forget our ongoing classes and events!

CRYSTAL RESONANCE YOGA

3 levels/5 classes a week:
Foundational,
Gentle Flow,
Invigorating Flow.
You haven't done yoga
like this before!

DRUM JAM

The 2nd Sunday of the month.
Join us for our monthly drum
jam. We play percussion
instruments and sing and
chant. Lots of fun and
community time!

SACRED CACAO

The first Saturday of each
month. Join us for a Sacred
Cacao ceremony
accompanied by
shamanic journeying.

DROP-IN MEDITATION

Thursday evenings at 6pm.
No experience necessary.
Open, guided meditation.
Follow up with the tuning
fork tune-up for an
amazing combination!

CHANTING & TONING

The 4th Sunday of the month.
Join us for a community event
and learn to vocal tone and
chant. Amazing energy!

TUNING FORK TUNE-UP

Thursdays at 7pm.
Join us for this amazing
experience! Relax on your
yoga or other mat (with
crystals if you'd like) while
Stephanie realigns your
energy field with tuning forks

Always check the website calendar for days & times!

And Coming in September!!!!

BioField Energy Flow Healing Level 1

Have you tried other energy healing methods that delivered mediocre results at best?

Are you interested in learning a new and comprehensive method of energy self-healing unlike any currently available?

Then BioField Energy Flow Healing is the class for you!

Created by two extremely gifted healers who were both trained at the Master and Trainer levels in other systems.

Over the years, Stephanie and Ari found there were incredibly important components missing from their previous trainings. This course fills those gaps (and big gaps they were) to deliver to you a superior and high-quality energy healing system.

Join us and begin your journey to real healing!

The Course consists of 4 Saturdays, Sept. 9 - Sept. 30
1:00pm - 4:30pm

Email us for more information.



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