

**explore and
discover ways
to feel good
and stay
inspired**



**WELL-BEING
RETREATS
&
WORKSHOPS**

**refresh,
revitalize,
reimagine**



Workshops

Healing through Movement

Explore a simple way to get moving using your own body weight.

Journaling as a Stress Reduction Tool

Keeping a journal helps you create order when your world feels like it's in chaos.

Self-Care Through Self-Massage

Learn how recovery and massage tools can be used for preventing or treating pain or imbalances in the body.

Introduction to Mindfulness Meditation

Guided practice to understand how a consistent meditation practice benefits health and reduces stress

Gentle Yoga

A class that is mostly seated or with long holds (such as restorative or yin yoga). It offers nurturing, kindness, and compassion for the body.

Music is the Universal Language of Humankind

The next time you face a daunting task, think of a strategic musical choice to give your brain and body a motivational boost.

Sound Baths

Sound is all around us and specific sounds can provide tools that heal, relax and rejuvenate. Unwind and relax with Crystal and Tibetan singing bowls and bathe in peace and tranquility.

Yoga Nidra

By definition is "yogic sleep", this scripted guided meditation takes participants to state of consciousness between waking and sleeping. This promotes deep relaxation and is helpful for reducing stress

Pricing: \$25 per participant for each 1-1.5 hour workshop, minimum 10 participants or \$250 per workshop.

Aida Johnson-Rapp offers individual workshops including, 'Storytelling', 'Journaling for Self-Discovery', team building retreats and several more.

Go to Aspire2Harmony.com for more information.

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