

Threads of the Heart

— WORKSHOP —

Valentine's Day

February 14th at 5:30 PM

@ Desert Moon Yoga in Cave Creek

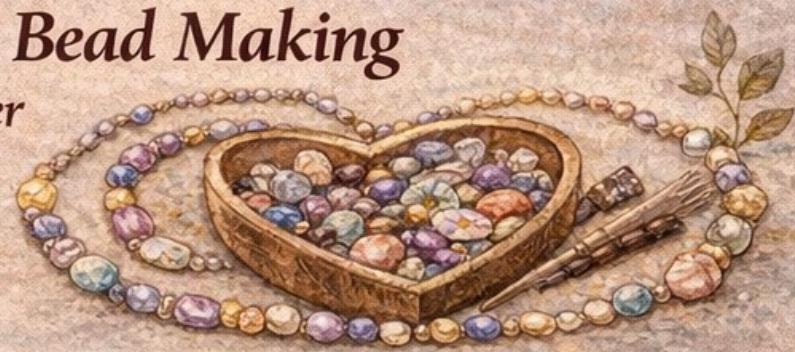
Cacao Ceremony

Opening the heart with cacao, setting intentions, prayers, and gentle meditation

Intentional Bead Making

Create your own bracelet or choker using precious stones & beads

Craft a meaningful piece to carry positive energy with you



Closing Ceremony

Relax and receive as you lay back and listen to the soothing sounds of drumming and sound healing bowls



Share a Heart-Opening & Creative Evening

