



# NESTED

\* HOLISTIC DOULA SERVICES \*

## DECEMBER WORKSHOPS

**SACRED SELF WORKSHOP**  
**DECEMBER 1ST 1-4PM COST \$100**

Explore a deeper mind + body connection and reawaken our sacred self through holistic practices! Womb work gently balances both structurally and energetically. During this workshop we will be exploring anatomy using DUSC method, abdominal massage techniques, aromatherapy, womb clearing and healing. Connection through collective gathering!

**HOLIDAY OPEN HOUSE**  
**DECEMBER 7TH 1-4PM**

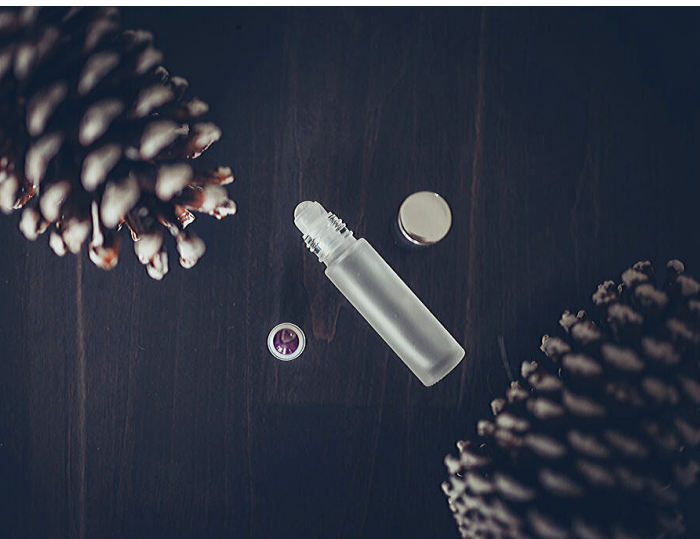
What better way to celebrate the holidays than with a little wellness and good cheer! Join me Dec 7th from 1-4pm for free mini access bars treatments, demos and exclusive promos for this one day event! \*learn about doula services, new programs and workshops and what an individual NESTED wellness session entails, and more!

**STOCKING STUFFER MAKE + TAKE**  
**DECEMBER 13TH 7-8:30PM \$25**

Join me for an informative and interactive aromatherapy class as we make fun stocking stuffers for the holidays! Perfect for a host/ess gift or stocking stuffer for your loved ones. Aromatherapy is a wonderful way to support healthy, normal functions of the body and can be gentle and safe for the whole family! Cost is \$25 We will be making gemstone aromatherapy rollers, chocolate orange sugar scrubs!

**WINTER SOLSTICE GATHERING**  
**DECEMBER 21ST 7-8:30PM \$25**

Join me for a gathering as we embrace the darkness and welcome the rebirth of the sun as we part take in some of my favourite solstice traditions! releasing and intention setting salt bowl ceremony, herbs and aromatics for the season ✨



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