

Saturday, February 21st

Ear Acupuncture & Relaxation

Led by Laura Braziel, LPC, ADS

This small group experience is for you if...

- ✚ You want to relax and reset.
- ✚ You want help calming your nervous system.
- ✚ You desire better sleep.
- ✚ You want to do more self-care.
- ✚ You are curious about ear acupuncture and want to try something new.
- ✚ You have experienced the benefits of ear acupuncture and want more.
- ✚ You want to invite someone and share this experience together.
- ✚ Your therapist thinks you would benefit.

What to expect...

- Small needles placed in specific points on each ear
- You'll sit and receive for about **45 minutes**
- No talking during treatment—just rest and reset
- Soothing music and gentle, guided breathing to help you relax
- Learn more: www.authenticrelationalcounseling.com/acudetox



EVENT DETAILS

Date: Saturday, February 21st

Location: 120 Eldridge Rd, Suite D
Sugar Land, 77478

Time: 1:15pm-2:15pm

Cost: \$10 per person



TO REGISTER

Contact: Laura Braziel

Call or Text: 281-690-3456

Space is limited. Register early!