

HONORING HER

Saturday May 9th

First session- 9:30am

Second session- 11:00 am

\$75

GENTLE MOVEMENT

The first 30 minutes will be intentional and mindful movement.



SOUND BATH

The next 30 minutes will be sinking into a deeper relaxation through the use of sound healing. Session will be guided by Adrienne from The Loud Sound Bath



WELLNESS

Cupping to aide in reducing muscle tension and boosting immunity. Also available will be hormone balancing teas, light refreshments, foot detoxes, and most importantly community with other women.

