



Full Bloom Wellness



BREATHWORK & BRAINSPOTTING HEALING CIRCLE

Come gather in a safe space and experience deep collective healing utilizing a blend of holistic modalities, including Breathwork, Brainspotting, Reiki, and Yoga Therapy

FIRST FRIDAYS 6:30-8:30PM

FEBRUARY 7TH, MARCH 7TH, APRIL 4TH, MAY 2ND



IVY BROTHERTON, RYTT,
NUTRITION AND HEALTH
COACH, ACE CERTIFIED
PERSONAL TRAINER

ASHLEY MURPHY,
LMFT, CERTIFIED
BRAINSPOTTING
COACH, RMT



40 COURT STREET
MATHEWS VA

REGISTER AT
WWW.ASHLEYMURPHY.NET