

MAY
JUNE

MEDITATION MONDAYS



May 25th **Connect to your Intuition**

Take a journey to a vast unlimited space within yourself where you will create a strong connection to your intuition. Learning to listen to it will make it easier to trust yourself and the pull of your heart, soul and spirit.

June 1st **Travel to the Crystal Cave**

There is a message waiting for you at the Crystal Cave.

As you explore the cave, release the past and accept the process of life.

June 8th **Find your Warrior**

On this day we journey to the mountains to find your Warrior. Discover who your warrior is and harness their power.

June 15th **The Grove Bonfire**

Travel to a sacred bonfire to find something you have been looking for.

June 22nd **Desert Contemplation**

Take a journey to the desert. Immerse yourself in the sights, smells and sounds. Spend time in reflection to find what it is that makes you truly happy?

June 29th **Bless My Home and all who reside there**

.View your home through fresh eyes. Remember why your home is your sacred space.

Take time to bestow new blessings on your home and all who reside there.

What are Meditation Monday's?

- 45 minutes of guided practice followed by 15 minutes of open reflection and thoughtful discussion.
- 10:00 am & 6:00 pm—*two convenient times to fit every schedule in our community*

Meditation isn't just about sitting still. It's a workout that strengthens & builds up the parts of your brain used for focus & emotional control. Whether you're a student, working professional, or enjoying retirement, meditation is proven to lower stress, improve memory, and boost your overall mood.

We'll explore a variety of styles, so there is always something new to discover.

Perfect for the meditation-curious as well as seasoned practitioners.

10:00 AM and 6:00 PM (1hr)

Kingsville Massage and Wellness Centre

19 Division St. N. Kingsville ON

\$20 per session

QR Code for Registration information

