

JULY

MEDITATION MONDAYS



July 6th Meet Your Spirit Animal

Meet your spirit animal. Delve into your inner realm where you will meet and open the door to your unique spirit animal.

July 13th Channel Your Personal Power

Travel to a beautiful place full of light and energy where you will learn to tap into your personal power using the Solar Plexus Chakra.

July 20th *No Meditation Today*

July 27th Angel Spirit Connecton

Take a drive down a beautiful country road. Find a special place and connect with the divine. Your Angel has been waiting for you.

What are Meditation Monday's?

- 45 minutes of guided practice followed by 15 mins of open reflection & thoughtful discussion.
- 10:00 am & 6:00 pm

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

Kingsville Massage and Wellness Centre

\$20 per session (cash or e-transfer)

