



Heartfelt Healing Centre

The Importance of Being Grounded

An Interactive Workshop

with Wanda Davis, Reiki Master/Teacher
and Shamanic Practitioner

Are you feeling stressed or edgy?
Tired? Out of Sorts?
Or is your mind just spinning?



Come to this Interactive Workshop to:

- Learn WHAT Being Grounded means
- Learn WHY it is important to be Grounded
- Learn HOW to get Grounded

Register now for this enlightening, 2 hour workshop. We will practice each technique with lots of take-home information.

Price: \$35 plus hst



Saturday November 10 at 2 - 4 pm

TO REGISTER

Call 226-423-2244

or Register Online at www.heartfelthealingcentre.com

Register In Person at the Centre - 286 Main St. South, Exeter

SEE OUR WEBSITE FOR MORE EXCITING EVENTS!