



Energy Series

Harnessing the energetic nature
of our bodies for wellness

5201 Haverford Avenue, Philadelphia, PA 19139

3:30 PM -4:30 PM

SEPTEMBER 25, 2024



ACCUPRESSURE

Learn different reflexology techniques to help with common ailments.

OCTOBER 9, 2024



SOUND THERAPY/ SOUND BOWL HEALING

Introduction to the evidence of the use of sound to promote healing/Sound bowl session.

OCTOBER 30, 2024



JOURNALING AND MANIFESTATION

Review how journaling can be an aid in healing and discussion of how manifestation may work.

NOVEMBER 13, 2024



STRUCTURED WATER

Understanding the true nature of water and practical tips to stay hydrated.