



Wellness Sessions

Prosperity through Affirmations



Learn how to create affirmations which can be used as a tools to improve the quality of our lives and achieve our goals.



Participants have a fantastic learning experience using positive affirmations to bring strengths, talents and skills.



This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ Time: _____



Space is limited. For more information please contact at:

