

Wellness Sessions

Kindness is Powerful



Kindness is a powerful virtue which can help improve relationships. Through simple acts of kindness, participants learn to enhance feelings of joyfulness, happiness, optimism and self-worth.



We demonstrate how to be kind to yourself before sharing kindness with others. We learn to recognize what kindness feels like by gifting love, patience, compassion, and acceptance to your own body, mind, soul, and spirit.



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:

