



November Spirit Circle

GROUNDING AND BOUNDARIES

Family gatherings during the holiday season can be exhausting and bring out all sorts of emotions. Setting boundaries (*mindful* boundaries) with our loved ones right now is crucial to not only our sanity, but to our relationships. For most of us, we're only with our extended family a few times throughout the year, and the various personalities at play coupled with the high-energy of the holiday season too often means we end up associating this time of year with stress and obligation.

Join Shelly Hillegas, Certified Crystal Healer, and Kyra Paules, Tarot Reader and Intuitive, for an evening of community as we explore simple ways to keep ourselves grounded while gently enforcing our personal boundaries during this upcoming hectic holiday season.

A Spirit Circle is a small gathering of people designed to teach, inspire, and create a feeling of renewal and empowerment to begin the week ahead. Each circle begins with a focused healing meditation, followed by a break for introspection, journaling, mindful sharing and further research. You will also have the option during this time to receive a short tarot reading by Kyra to further explore your understanding and relationship to our topic.

After we regather, Shelly will teach simple ways to honor this topic in our everyday lives through the use of meditation, mantras, herbs, aromatherapy and crystals. We will also create a celebration craft and "mojo bag" of crystals & herbs to take home to continue working with.

Thursday, November 8th - 6:00 - 8:00pm

****PLEASE BRING A JOURNAL. IF YOU DO NOT HAVE A JOURNAL, WRITING SUPPLIES WILL BE AVAILABLE**

COST FOR CIRCLE ATTENDANCE IS \$25

INCLUDES A GROUP HEALING MEDITATION, HANDOUTS, A CRAFT AND CRYSTALS TO TAKE HOME.

(A SUGGESTED LOVE DONATION OF \$10 FOR A TAROT READING WITH KYRA)

PRE-REGISTRATION REQUIRED. SEATING IS LIMITED.

CALL 717-766-5564 OR EMAIL: INFO@MINDFULHEALINGMASSAGE.COM