

Hello Friends of Integrative Well-Being-

It is time to move north to my SugarLoaf townhouse in Cedar (between Glen Arbor & Leland) I share with Michael and Timmy. I will be leaving the last week in May. I will back monthly in Rochester Hills, at Sheila's, beginning in mid-June.

Private sessions will be available for Bowen or TRE on Wednesday afternoon, Thursday and Friday. Schedule a repeat monthly tune-up to ensure an appointment and/or call to see what may be open...248-420-4755

- *New Rates for private sessions (repeat clients): \$75 or 3/\$210*
(last rate increase for some was 2017 and others 2015)

Groups for TRE are held on Friday mornings 10-11 and Saturdays 10:30-11:30 and 12-1. Class sizes are limited, schedule ahead if possible, please.

Integrative Well-Being

Rochester Hills Schedule 2021

June	Weds. 6/16 – Sat. 6/19
July	Weds. 7/14 – Sat. 7/17
August	Weds. 8/11 – Sat. 8/14
September	Weds. 9/8 – Sat. 9/11
October	Weds. 10/13 – Sat. 10/16
November	Weds. 11/10 – Sat. 11/13
December	Weds. 12/8 – Sat. 12/11

I truly am grateful for all of our shared experiences and growth. It is a continued honor to work with you and I look forward to our next session or group!

Namaste-

Kathryn