



Body & Soul



## UPCOMING EVENTS

PRE-REGISTRATION REQUIRED FOR ALL WORKSHOPS (563) 556-9642

### KRIYA YOGA WORKSHOP with Jeanie Gramer (an associate of Kambiz Naficy)

MONDAY, Feb 6th 6:30-8:45pm Fountain Park

*In early December, I participated in a weekend Kriya Yoga Meditation workshop with Kambiz Naficy (founder of The Joy of Life). Kambiz is one of the most powerful, sincere and non-judgemental teachers I have worked with. His teachings come from deep, deep experience and he shares his wisdom freely. Since that program, I have not missed a day of meditation. The meditation practices (morning and evening) are something I look forward to and find effortless. Since doing this practice, I feel that life flows with more ease. I'm feeling less attached to things or people and therefore feeling a greater sense of peace and freedom. I am also able to see my ego patterns more clearly and, without judgement, make different choices. In this workshop, Jeanie Gramer (an associate of Kambiz Naficy) will provide more detailed information about Kriya Yoga Meditation and I encourage you to join me. This is a great opportunity for you to learn more about this powerful practice and to have an experience for yourself. With peace and blessings. ~ Julia* **\$3 Suggested Love Offering**

### BEATING THE WINTER BLUES with Tricia Borelli

MONDAY, Feb 6th 6:30-7:30pm Fountain Park

*Whether it's the cold weather getting you down or you are looking at spending another Valentine's Day by yourself in front of the t.v. with take out...you can not only survive the dreary days ahead but thrive! Join me and get some ideas on how to brighten your mood and cope while hearing some stories that may make you laugh and inspire you to make some changes in your life for 2012.*

*Tricia Borelli, a Licensed Mental Health Counselor at Body & Soul, is excited to provide this workshop. It's offered free of charge but is limited to 15 people. Call now to reserve your spot (563) 556-9642. Refreshments and snacks provided. **Free***

### REALIZE YOUR HIGHEST POTENTIAL THROUGH MEDITATION with Linda Duehr & Doug Mills

SUNDAY, Feb 19th 1-4pm Fountain Park

*Have you always wanted to try meditation? This level one workshop will guide you through an array of tools that you can use to start or enhance your meditation practice. Tools include, but are not limited to crystal singing bowls, tinkshas, gongs, chanting, essential oils, mantras, and breathwork. Please bring a healthy snack to share...water provided. **Love Offering***

### ONGOING MEDITATION TIME with Linda Duehr & Doug Mills

WEDNESDAYS, 6:45-8:30pm Fountain Park

*Crystal singing bowls, drums, gongs and breath-work are used to facilitate meditation and healing. **Free***

### ONGOING KRIYA YOGA MEDITATION with Kathy Spear

MONDAYS, 6:30-8pm Fountain Park

*Each Monday we will listen to recordings of Kambiz leading a meditation or two, and usually a recording of him addressing a spiritual or psychological topic for living a life of well-being and joy. **\$3 Suggested Love Offering***

*(Money collected will be used to bring Kambiz back for another workshop.)*



Laura POE



Liz TERRONEZ



Kristi STRUB

## Deep Conditioning Deluxe Hair Experience

*{Includes: shampoo, scalp massage, reconditioning treatment & blow-dry}*

Call to book your FREE treatment 584-9000.

Treatment will be booked with Laura Poe,

Liz Terronez or Kristi Strub.

Limit one per customer. Expires April 30th.

