

Bliss Energy Workshop

meditation... movement... art

Sunday March 26, 10am – 3pm

Join **Bliss Energy Workshop** with **Irena Bliss**

As Spring arrives, ushering in a potent time of renewal...

It is time to step into our power more fully and live aligned with our heart and spirit! Spring is a time of regeneration and rebirth, and the earth inspires us to birth new life and possibilities within ourselves! – Irena Bliss

Join Irena as she weaves a journey of:

- energy awareness teachings and practices
- guided meditation/visualization
- conscious movement
- intuitive art



to support you in opening, releasing, tuning in, and aligning with heart and spirit!

Benefits: This experiential workshop supports your relaxation and well-being, expanded awareness, and empowerment through practices that enhance your clarity, ease and happiness!

Please bring: a journal & pen, personal yoga mat if desired, reusable drinking water container. Please wear comfortable clothing. All art supplies are provided.

*No experience necessary. All are welcome! **Delicious, energizing Vegan lunch served.***

Workshop Fee: \$85 Book now, limited capacity for maximum experience!

Special: Bring a friend and each save \$10 for special price of \$75!

Fieldstones Wellness

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