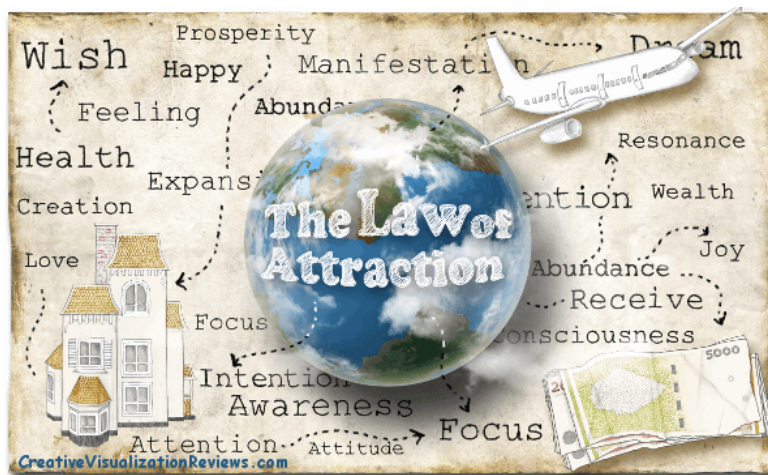


Working the Law of Attraction and Exploring Subtle Energies

Sunday, Oct. 23, 9:00a -2:00p –
\$50 before Oct. 15*

Be Well Now – 462-3900
221 E. Center Dr. Alton



“There are no accidents or coincidences in this world. Nothing is by chance. Everything you are experiencing is a direct manifestation of where you’re focusing your energy, attention and consciousness” ~ Jafree Ozwald

What do you want most in life? Financial riches?
Better relationships? Good health? A new job?

Create the life you want with a vision board

Sure, you can repin a Pinterest board or use software to create a digital vision board. But the act of picking over, selecting and gluing images and inspirational words onto a poster builds that connection synergy in our minds. And the collective energy of a group setting takes this vision creation to the next level.

Why do I need a vision board?

If you’ve defined your dreams, it’s time to illustrate them visually so you can energize them.

I don’t know what I want.

That’s ok! Sometimes we aren’t sure what we want. But when we let our subconscious mind lead us, the images and words start inspiring us in ways we hadn’t imagined.

What will we do?

After a short yoga practice or meditation to get you in the right frame of mind, you’ll spend the morning creating a vision board. Then, enjoy a light lunch and indulge in a chair massage and/or paraffin hot wax hand treatment. After lunch, pick from several short interactive break-out sessions and learn about the subtle energies of reiki, acupuncture, Access Consciousness® and more.

Details at <http://bewellnowonline.com/page/workshops> or on our registration form.

Questions? Call Be Well Now (618-462-3900) or email Danette Watt (dmwatt33@gmail.com)

Preregistration and minimum \$20 (non-refundable) deposit is required. *

\$50 if received by Oct. 15. \$60 if received between Oct 16-19.

Registration ends Oct. 19; no same day registration.

*If we’re closed when you drop off your registration form, slip it through the mail slot in our door.