

Art of Wellbeing

MONTHLY SERIES

2022

This educational series is designed to empower participants to achieve optimal health and overall wellbeing.

Bi-monthly discussions include empowering mindset, vibrational healing, and balanced energy, for an integrated approach to an elevated lifestyle.

Hosted by our team of resident experts:

Date: 2nd & 4th Saturday

Time: 3:00pm

Duration: 75min

Location: Executive Conference Room (*unless otherwise specified*)

- **MAY 14**
The Wonders of Astrology
Learn the key aspects of Eastern and Western practices, and how these navigational tools might influence life's circumstances and events.
- **MAY 28**
Willpower: Harnessing Your Greatest Strength
Set yourself up for success with tips to overcome obstacles in the moment and for a lifetime.
- **JUNE 11**
The Principles of Feng Shui
Discover how to create balance and harmony within your living and working spaces, with subtle arrangements and elements of nature.
- **JUNE 25***
Sonic Alchemy: Sound Meditation & Vibroacoustic Therapy
Join Visiting Master Michelle Pirret, and experience vibrational healing for deep relaxation, improved sleep, stress reduction and overall wellbeing.
- **JULY 9**
Numerology 101
Review the study focused on the significance of numbers and calculations on your life's path.
- **JULY 23**
Relationships with Food
Explore the dynamics between what we eat and why. Prepare your mindset for better choices.
- **AUGUST 13**
Acupuncture: An Eastern Approach to Medicine
Understand this ancient practice and the countless benefits it brings today.