

The Healing House
January and February 2019



It is critical to manage your stress (Mental Health Foundation, 2019).

Did you know?

More than half of primary-care doctor visits are stressed related (HeartMath Institute, 2015).

The Healing House teaches children, teens and adults proven, comprehensive, natural techniques to reduce stress, anxiety and build self love. Our experience aids individuals, families, businesses, and organizations.

Morning person? We can develop a personalized morning meditation and yoga routine for targeting your needs!

Another option is to attend a class!

Classes:

The Dirty Hippie
30 SW Seminole Street
Stuart, Florida 34994

January 20 - 11 am-12 noon

January 31
6 pm Beer Yoga
Flagler Center-Stuart Florida

February
3 -11 am -12 pm
17-11 am -12 pm

February 16, 2019
One Day Yoga and Meditation Retreat



Looking to get away for day? Need quiet time? Time to reflect?
This retreat is perfect for you!

The retreat is \$100 and includes yoga classes, meditation classes, enjoying the beautiful grounds of Kashi Ashram and a delicious organic vegetarian lunch and dinner. This will be a time you will remember forever!

Time: 10:30am -7:30 pm

Where: Kashi Ashram

<https://www.kashi.org/events>

Sebastian, Florida

Sign up of today!

<http://www.thehealinghousemindfulness.org/>

- For more information, contact Candice at 561-222-6057.
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