

Natural Nook Class Schedule

January 2018

Learning Lounge Every Thursday at 6:30 pm

January 4th 6:30 p.m.

Vision Board Workshop: Set your intentions for 2018 with a fun Vision Board exercise that taps into your subconscious to bring into awareness the goals and desires that serve your authentic self. (Please bring a magazine or two.)

January 11th 6:30 p.m.

Guided Aroma Meditation: Quiet the mind and body to help reach a balanced state. Focus on letting go, and creating space for new things to grow and flourish! Led by Cindy Danielson (Bring a blanket or pillow to sit on.)

January 18th 6:30 p.m.

Intro to Vitaflex Simple Techniques to Support a Healthy Body

January 25th 6:30 p.m.

Healing Your Wheel of Life: Bust through the blocks that are keeping you from having a fantastic life! Instructor: Michelle Bekkala (Suggested donation of \$10 to cover oils cost.)

Informational Classes

January 15th 7:00 p.m.

Intro to Young Living Essential Oils: Instructors Renee Wesa and Michelle Bekkala

January 27th 10:00 a.m.

Vitaflex Technique-Full Workshop: “Vitality Through the Reflexes” A simple hands-on technique that uses reflexology points to balance the body, and is enhanced by the use of essential oils. Instructor: Renee Wesa Fee: \$15.00



The Natural Nook
Healing & Education Center

Preregistration required due to limited space: thenaturalnook@gmail.com
Michelle (309) 838-2284 or Renee (320) 266-4025