

## **REFLECT AND RENEW: A BREATHWORK EXPERIENCE FOR HOLIDAY HARMONY WITH MADDIE AND NATE**

As the holiday season twinkles into view, themagical hues of winter beckon us to pause, reflect, and renew. Breathwork is not just a practice but a profound exploration into the rhythms of your inner world. With each inhale, you invite in fresh vitality; with every exhale, you allow repressed emotions to surface and be released in a safe and supportive environment. \$55 From: 10:00 AM to 12:00 PM

Shine Sanctuary for the Soul

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