

~ Your Soul Spirit Spa Day ~

I am delighted to share this combined holistic seminar as introduction, and provide you with a familiarity and overview of various services I offer. Join me in playing with Divine Energy, and experience complementary ways of rejuvenating, recharging and revitalizing your very essence, within a safe, pleasurable, and fun environment.

Location: [Towson Dance Studio, 9486 Deereco Road, Timonium, MD 21093](#)

Here's the Menu:



Rejuvenating Appetizer:

First hour with **Reiki**
Introductory Group
Session, including
grounding, connectivity
meditation; Singing Bowls,
Crystals



Body~Soul Spicy Entrée:

Middle hour energizing
Nia Floor Play to Opal; *FUN!!!*
*Nia incorporates 52 Moves
within 9 Movement Forms: 3
from Dance Arts, 3 from Martial
Arts, 3 from Healing Arts; your
body will thank you!*



Zero-Calorie Sweetest

Dessert: Final satisfying,
lingering hour to savor
with **Yoga Nidra**,
Meditative Journey to
soothe and nourish your
Soul; followed by
grounding snack (*okay;
light calorie, but good
for you*)

Investment: \$55 advance \$65 at door
(pre-pay is optional; enrollment is necessary to ensure seating space)
Enjoy Specials and Door Prizes

Date: February 28, 2015

Time: 1pm to 4:30pm

Checks may be sent to me, **Lisa Vaughan, LLC** at:
P.O. Box 1571, Ellicott City, MD 21041-1571

Paypal Accepted



*Invite a friend and receive \$10 Off Your Next
Reiki Session! Good until April 15, 2015*

Items to Bring: Nothing required for Reiki. You may wish to bring bottled water. Dress in layers and for exercise (loose/comfortable clothing) for Nia. Bring Yoga Mat and blanket, and perhaps comfy socks for Yoga Nidra. Please let me know if you need a Yoga Mat. As this is a dance studio, shoes are removed upon entry.

Please contact me with any questions: 410.916.5149 or lisavaughanreiki@yahoo.com

I'm beyond excited, and feel so fortunate, to offer and share this event with you!

~Look forward to hearing from you, soon~
Many thanks!

Namaste,
Lisa

<http://lisavaughanreiki.com/>