

Clear to the Root of Wellness Fair

*Free Mini Massage,
Reflexology, and Reiki
Sessions!*



Free Presentations & Experiential Demonstrations

Saturday, November 5th

12 – 3 pm

Suite 207

- 12:30 Claiming Your Roots Guided Journey
– *Helene Ramos, Hypnotherapist, RMT*
- 1:00 Fertility, Pregnancy and Postpartum Massage
– *Lili Gill, CMT*
- 1:30 Flower Essences for Physical & Emotional Well-being
– *Mary Michaud, FNP, Herbalist*
- 2:00 Awareness through Movement®:
Free Your Body with Feldenkrais®
– *Marsha Robertson, OTR/L*
- 2:30 The Benefits of the Raindrop Technique
– *Wolfgang Hermann*

Suite 211

- 12:30 The Healing Power of Essential Oils
– *Teresa Hermann, Reflexologist*
- 1:00 Make a Habit of Happiness
– *Sandra Savine, Zero Balancing Practitioner*
- 1:30 Thai Massage: Stretching meets Bodywork
– *Sarah Handley, CMT*
- 2:00 Awakening to the Presence of Your Intuitive
Mind and the Gifts It Offers
– *Polly Williams*
- 2:30 Keep Your Energies *Humming* with Donna
Eden's 5-Minute Daily Energy Routine
– *Lauri Ross, CMT*

Integrative Health Practitioners in the Glass Building

313 Second Street SE ~ Suites 207 & 211

www.downtowntherapies.com