



The Healing Moon Wellness Center September thru December 2019

Classes and Events

www.thehealingmoon.com 508-543-5522 34 School Street, Suite 204, Foxboro MA



Moon Memos

Saturday Walk-in Readings and Reiki 1:00-3:00pm

Special Walk-in Rates: \$20/15mins or \$40/30mins (cash or check only)

Check our Facebook page for readers scheduled or for holiday and weather cancellations

New!

Autumn WALK-IN HEALINGS 6:00-8:00pm FIRST THURSDAY of the Month (Oct 3, Nov 6, Dec 4)

Come recharge during the busy Fall Season! Special Walk-in Rates: \$40/30mins (cash or check only)
Check our Facebook page for healer' schedule and healings offered which could include reiki, crystal healings, sound healing, reflexology, or shamanic healing. FB will list weather cancellations.

19th ANNIVERSARY SPECIALS – Happy Birthday HEALING MOON

To celebrate our 19th year we are offering to specials...

*NEW clients receive 19% OFF Any 60 or 90 min. Healing Session.

*ALL Clients Receive 19% OFF any purchase of crystals, jewelry, books, or card decks

Valid during Sept 2019 Call or text 781-929-7514



Private Yoga with Dawn Florio During September

Receive a private one-on-one yoga session with Dawn. Perfect if you need modifications, have health restrictions, or are ready to challenge yourself. Or for a private group, add up to three friends for only \$20 each.

Call or text 508-298-9049 or dawn.florio@yahoo.com Only \$75. (Reg \$90) Valid Sept 2019

October Reading Special with Ann Callahan

Tarot, Tea Leaves or Mediumship Readings

Take \$10 off a 30min Reading (reg \$50) Or \$20 off a 60min Reading (Reg \$100)
Valid with Ann Callahan in Oct 2019 Cannot combine with Walk-in discount)



November Gratitude Challenge is BACK on Facebook!

We are hosting our daily gratitude Challenge on FB and invite you to join us! Post on our FB page about something that makes you feel thankful. You also have a chance to win prizes... the more days you post, the more chances you have to win! We are giving away healing sessions, class passes, and readings.

[facebook.com/TheHealingMoonWellnessCenter](https://www.facebook.com/TheHealingMoonWellnessCenter)



Peace and Harmony Crystal Grid Special Holiday Offer

To help you relax and replenish over the holidays, add this special crystal grid to your Reiki Session to enhance your energy release and recharging! And take the bahu bug out of the season and replace it with peace & harmony! Only \$5 (Reg \$15) Valid Nov and Dec 2019

Gift Certificates Available

Just a reminder we have gift certificates available for the perfect gift that says you care!
Contact Trish to schedule your gift certificate purchase and pick up text: 781-929-7514



December Offer Bring a Friend for Free to One of our Monthly Classes

Bring a friend new to circle for free, or each just pay half price! Includes:



~Healing Meditation and Reiki with Bobbie Jenkins 508-207-6927

~Mediumship Spirit Circle with Jill Hillery 508-330-0216

~Angel, Archangels and Spirit Guide Communication with Jill Hillery 508-330-0216

~Psychic Circle with Marsha Johnson 617-347-2461

Text instructors directly to sign up or for more details about their class.



Compassionate Care for Cancer

While going thru Cancer Treatments we want to offer you a little extra care with Reiki. Receive discounted Sessions. Contact us for details. 508-543-5522

Readings & Mediumship

- **WALK-in Readings SATURDAYS from 1:00-3:00p**

Special Walk-in Rates: 15mins \$20 / 30mins \$40 (cash or check only)
Check FB for Readers schedule and for weather or holiday cancellation updates

- **Regular Reading Rates: 30mins \$50 / 60mins \$100**

Reader	Contact Directly	Types of Readings	Availability
Jill Hillery	508-330-0216 jillh131@gmail.com	*Mediumship Sessions *Phone Readings *Angel, Tarot, and Psychic Readings *Family Group Mediumship (ask for rate) *All Ages Empowerment Coaching	Mondays Tuesday Wednesdays Fridays Saturdays
Claire Alexander	508-369-8850 alexander.claire@verizon.net	*Angel Readings	Evenings Saturdays
Marsha Johnson	617-347-2461 marsha@joyful-soul.com	*Angel and Tarot Readings *Personal Empowerment Readings *Phone Readings	Thursdays Fridays Saturdays
Donna Brown	781-983-7748 bluewolfhealing729@gmail.com	*Mediumship Sessions *Angel Readings	Mondays Tuesdays Saturdays
Sara Hillery	508-320-0313 shillery305@gmail.com	*Mediumship Sessions *Psychic & Angel Oracle Readings * Animal Communication	Tuesdays Fridays Saturdays
Ann Callahan	508-328-2599 AnnCallahanSpiritualMedium@yahoo.com	*Mediumship Sessions *Tarot Readings * Tea Leaf Readings	Tuesdays Wednesday Fridays

Private Healing Sessions

To schedule a healing session, contact a practitioner directly or call the center with any inquiries.

Trish Matthies: 781-929-7514 thehealingmoon@aol.com *Reiki, Crystal Healing, Hypnotherapy, Chakra Balancing Sessions, Mind- Body-Soul Healing, IET*

Jill Hillery: 508.330.0216 jillh131@gmail.com *Reiki, Crystal Healing, Soul Message Sessions, Mind-Body-Soul Healing, IET, Sound Healing*

Bobbie Jenkins: 508-207-6927 jenkins.roberta@comcast.net *Reiki, Crystal Healing, Chakra Balancing Sessions, Guided Meditation Classes and Private*

Christine Alexander: 508-409-9509 calexander189@verizon.net *Rei-flexology, Acupressure, Reiki*

Donna Brown: 781-983-7748 bluewolfhealing729@gmail.com *Shamanic Soul Retrieval and Journeying, Reiki*

Marsha Johnson: 617-347-2461 marsha@joyful-soul.com *Reiki, Angel Healing*

Dawn Florio: 508-298-9049 dawn.florio@yahoo.com *Private Yoga (Modified options), Sound Healings*

Jill McLoughlin: 617-913-2421 jill@thehealingpath.us *Sound Vibrational Reiki*

Ann Callahan: 508-328-2599 AnnCallahanSpiritualMedium@yahoo.com *Reiki, Reflexology, Ear Candling*

Monthly Classes and Circles

Spirit Communication Circle: Bring loving and healing messages to ourselves and others from those in spirit. Do you feel that you are communicating but need a place to try it out? Come join us for this circle to see if you can connect and pass on the messages to others in the circle and to practice these abilities. Circle open to all levels of ability. Pre Registration required contact Jill: jillh131@gmail.com call/text 508-330-0216

Meets First Tuesday of each Month at 7:00pm-8:30pm...\$20 (9/3, 10/1, 11/5, 12/3)

Chakra Yoga: Does both your physical body and energetic body crave to become stronger, more energized, and balanced? Join Dawn for Chakra Yoga: a mindful, beginner-friendly, slow flow yoga class focused on bringing the chakras (energy centers along the spine) into balance. Physical postures, visualizations, and breathing exercises will be woven together to awaken the vital life force energy inside you. Beginners Welcome! Contact instructor Dawn Florio (500 RYT): dawn.florio@yahoo.com 508-298-9049.

Every Wednesday, 5:30-6:30pm....\$15 cash or check. Please call/text ahead (No classes: Nov 27, Dec 25)

Package - 5 classes for the price of 4 - One payment of \$60 Classes must be used by 12/31/2019. May be used for either Chakra Yoga or Candlelit Yin & Restorative Blend.

Candlelit Yin & Restorative Blend: Join this comforting class combining the best of both yin & restorative yoga. Each posture can be adapted to your needs with the support of blankets, blocks, and bolsters. Explore deep nurturing stretches on the floor by flickering candlelight. Poses are held from 3-7 minutes. Benefits of yin & restorative yoga include restoring range of motion, improving flexibility/joint health, increasing breath capacity/awareness, reducing stress/anxiety, increases circulation, and calms nervous system. All levels welcome. Contact instructor Dawn Florio (500 RYT): dawn.florio@yahoo.com 508-298-9049.

Every Wednesday, 7:00-8:00pm....\$15 cash or check. Please call/text ahead (No classes: Nov 27, Dec 25)

Package - 5 classes for the price of 4 - One payment of \$60 Classes must be used by 12/31/2019. May be used for either Chakra Yoga or Candlelit Yin & Restorative Blend.

Teen/Young Adult Sensitive and Empath Empowerment: Come learn to empower yourself by embracing, supporting and growing your spiritual knowledge. Each month we will have new topic such as protection, clearing, crystals, auras, manifesting, psychic and mediumship activities as well. Learn to awaken and build boundaries and use the intuitive foundation you already have. Pre Registration required contact Jill at: jillh131@gmail.com or call/text 508-330-0216

Meets First Friday of each Month at 7:00pm-8:30pm...\$20 (10/4,11/1,12/6)

Lunchtime Meditations: Come join me for guided meditation during lunchtime on Fridays. You can sit in chairs or lay comfortably on mats and pillows to be guided to beautiful places to open to messages and guidance. End your week with relaxation, healing and feel more focused. Contact instructor Ann Callahan to register: 508-328-2599 AnnCallahanSpiritualMedium@yahoo.com

Fridays at 12:00-12:45 ...\$15 Starting in Oct (no class 11/29 or 12/27) cash or check

(If you also take Mediumship Circle, pay only \$30 for both classes)

Midday Mediumship Circle: In this circle, we will practice mediumship. Connecting and bringing messages of love and healing, from our loved ones on the other side. All levels are welcome. Contact instructor Ann Callahan to register: 508-328-2599 AnnCallahanSpiritualMedium@yahoo.com

Fridays at 1:00-2:30 ...\$20 Starting in Oct (no class 11/29 or 12/27) cash or check

(If you also take Lunchtime Meditation, pay only \$30 for both classes)

Guided Healing Meditations and Reiki with Bobbie Jenkins: This class focuses on bringing you healing on all levels. You will set your intention to encourage your inner reflection. You will be gently guided to a soothing place that encourages you to let go of imbalances and unhealthy energy while promoting a positive energy flow of healing, balance and peace. During the meditation, you will be given Reiki energy by instructor Bobbie Jenkins, Reiki Master/Crystal Healer. Register 508-207-6927 Jenkins.roberta@comcast.net.

Classes are 7:00-8:15pm ...\$20 must call or text ahead

2nd and 4th Tuesdays monthly: (9/10, 9/24, 10/8, 10/22, 11/12, 11/26, 12/10, NO class 12/24)

Angels, Archangels and Spirit Guide Practice Circle: Come practice communicating with the Angels, archangels and Spirit Guides. Bring messages of love, hope, healing and guidance to others in circle. All level of ability welcome to this open circle. Use your Psychic and Mediumship gifts to connect and communicate with the higher realm. Pre Registration required contact Jill at: jillh131@gmail.com or call/text 508-330-0216
Meets Third Tuesday of each Month at 7:00pm-8:30pm...\$20 (9/17, 10/15, 11/19, 12/17)

Psychic Circle for Sensitives and Empaths: Do you sense energy around you? This can be overwhelming or draining to our energy, but with support and practice this can grow and develop into a true gift! Learn to understand, read, and protect yourself from the energies of people, places, spirits, and global shifting. These fun monthly circles use exercises and games to give you a place to develop with others just like you! Contact instructor Marsha Johnson: marsha@joyful-soul.com or 617-347-2461
One Thursday a month at 7:00-8:30pm...\$20 (9/19, 10/17, 11/14, 12/12)

Animal Communication Practice Circle: Do animals talk to you? In this monthly practice circle we will practice our psychic and mediumship abilities by communicating with animal both living and in spirit. Come have fun while communicating with all kinds of animals. Please bring pictures of your animals only. No animals allowed. Pre registration required contact Sara Hillery call/text 508-320-0313 or email shillery305@gmail.com.
Meets fourth Thursday of every month 7:00pm - 8:30...\$20 (9/26,10/24, Nov./Dec. no class)

September Workshops

Yin & Restoration Fusion Workshop: Late Summer Delight: Join Dawn (500 RYT) to connect with the earth element energies of the late summer season with this yin & restorative yoga workshop. The late summer season encourages us to find balance, nurture ourselves, and cultivate abundance in all areas of our lives. Yin yoga is a meditative style of yoga in which postures are held for 3 to 7 minutes benefiting the physical and energetic body. Optional Reiki healing and sound bath with crystal signing bowls will add to this blissful event - a true late summer delight! Beginners welcome! Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Space is limited.
Sunday, September 8, at 10:00-11:45...\$30 Please pre-register and prepay.

Table Tipping Gallery – Conversation with Spirit: Join Table Whispers, Marsha Johnson and Beth Columbo for a gallery-style evening of table tipping to witness this fascinating form of physical mediumship. These skilled mediums are enjoyable and positive while giving messages from spirit to a larger group with their tables. This has been called an amazing experience from past attendees! Be one of the first to experience a gallery style evening of messages. Event size limited to 20. Not everyone is guaranteed a message Must pre-register. Contact instructor Marsha Johnson; marsha@joyful-soul.com or text/call 617-347-2461.
Saturday, September 14 at 7:00-9:00pm...\$40

Sensitive Kids/Teens Energy Protecting and Clearing: Not just adults pick up others energies. Kids and teen are highly sensitive to the energy around them. This can cause them to be anxious, up and down moods, worry, fear, trouble making friends, cry for no reason. By teaching the children and teens a way to protect and clear their energy we are empowering them to be there true selves. We are giving them the power over their lives. Contact Trish Matthies or Jill Hillery to pre register and pre pay thehealingmoon@aol.com.
Monday, September 30 at 5:00pm to 6:30pm....\$50 Discount for multiple children per family

Candlelit Sound Bath for Cutting Energetic Cords: Join Dawn for a transformational, sensory experience. Lie down or sit comfortably as Dawn leads you through a guided meditation for cutting energetic cords and healing your energy body. Following the meditation, you will be immersed in the healing vibrations of crystal singing bowls, drums, bells, rattles, and Tibetan singing bowls. Transport effortlessly into a relaxed, meditative state. Benefits of a sound bath include the following: encourages relaxation & stress relief, supports deep meditation, improves concentration, elevates mood, balances the energetic body, encourages self-healing. Bring a notebook. Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Space is limited.
Friday, September 20, 7:00-8:30pm...\$30 (cash or check only)

NEW MOON Drumming Circle: Join us for this energizing ceremonial drumming circle, we will set our intentions, Journey, journal and do some Moon Spells. To stir the energy of the evenings moon, join us and bring your drum, rattle, or any instrument that feels right for you or borrow one of mine. We will pull Shamanic Oracle Cards for your month's focus. Register with Donna Brown call/text 781-983-7748 or bluewolf729@gmail.com
Friday, September 27 at 7:00-8:30pm...\$20

October Workshops

Candlelit Sound Bath for Deep Healing: Join Dawn for a transformational, sensory experience. Lie down or sit comfortably as Dawn leads you through a guided meditation for deep healing. Following the meditation, you will be immersed in the healing vibrations of crystal singing bowls, drums, bells, rattles, and Tibetan singing bowls. Transport effortlessly into a relaxed, meditative state. Benefits of a south bath include the following: encourages relaxation & stress relief, supports deep meditation, improves concentration, elevates mood, balances the energetic body, encourages self-healing. Bring a notebook. Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Space is limited.

Saturday, October 5 at 6:30-8:00pm...\$30 (cash or check) Please pre-register)

Reiki Level I Class: This is the perfect class for those interested in learning more about Reiki, and those wanting to administer Level I healings to themselves or family and friends. It also helps to reduce stress and enhance relaxation and self-healing. In this class you will learn about the history of Reiki, the chakras, how to facilitate a reiki healing, hand placements for the healings, and class practice. Receive a Reiki Level I attunement, booklet, and certificate. Pre-registration and prepayment required.

Mondays: October 7 & 14 at 6:30-9:30pm ...\$175

Shamanic Journeying: Journeying like meditation is a tool for spiritual growth. It is also a tool that can be used for healing or to obtain information by meeting power animals, teachers and guides. Shamanic journeying is the inner art of traveling to the "invisible worlds" also known as lower, middle and upper worlds. Anyone can journey as long as the intent is there. Drumming is used during journeying to help you reach a deeper state of consciousness. Bring an open mind & journal/notebook. Must pre-register with Donna Brown bluewolfhealing729@gmail.com 781-983-7748

Thursday, October 10 at 7:00-8:30pm...\$35 Must pre-register or call ahead.

Table Tipping Gallery – Conversation with Spirit: Join Table Whispers, Marsha Johnson and Beth Columbo for a gallery-style evening of table tipping to witness this fascinating form of physical mediumship. These skilled mediums are enjoyable and positive while giving messages from spirit to a larger group with their tables. This has been called an amazing experience from past attendees! Be one of the first to experience a gallery style evening of messages. Event size limited to 20. Not everyone is guaranteed a message. Contact Marsha Johnson; marsha@joyful-soul.com or text/call 617-347-2461.

Friday, October 11 at 7:00-9:00pm...\$40 Must preregister and prepay

Yin & Restoration Fusion Workshop: Autumn Awakening: Join Dawn (500 RYT) to connect with the energies of the fall season with this yin & restorative yoga workshop. The fall season encourages us to examine our lives and let go of old habits and limiting beliefs. Yin yoga is a meditative style of yoga in which postures are held for 3 to 7 minutes benefiting the physical and energetic body. Optional Reiki healing and a sound bath with crystal signing bowls will add to this blissful event. Beginners welcome! Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Please pre-register/prepay. Space is limited.

Sunday, October 13 at 10:00am-11:45am...\$30

Past Life Regression: Come let your subconscious reveal the lives you once lived! Using Karen Paolino's Soul Entrainment Method we will access our souls. The soul knows everything past, present and future. By going into a deep meditation, we will ask our souls to reveal 2 past lives. We will also heal these past lives so they do not affect our present or future lives. Contact Jill to pre register and prepay jillh131@gmail.com. Class limited to 10

Monday, October 21 at 7:00pm-9:00pm...\$50

Chanting for Samhain and Connecting to Spirit: Come join Hema Malini or Merrill Theobald for an witchy good time in celebrating Samhain(Halloween) with the energy and power of chanting Sanskrit mantra to evoke the goddess energy and harvest of the season. No experience is necessary, come change your life for the better. Treats will be provided. Pre-Register with Merrill text/ call 617-480-8247 or metheob@aol.com.

Monday, October 28 at 7:00-8:30pm...\$25

Animal Communication Workshop Beginners Level: Would you like to know what your critters want or need? Join Karen Daley of Animal and Spirit Talk. This workshop will cover the different ways to send and receive messages from our animals, how to prepare to communicate, and different suggestions to quiet your mind to communicate telepathically. We will meditate to ground and center ourselves and discuss ways to enhance the communication. We will first work with my animals who love to share and teach others, and then we will be working with your animals, living and in spirit. Please bring several pictures of your animals, living or in spirit. Contact Karen Daley 508-642-6336 karen@animalandspirittalk.com
Saturday, October 26 at 11:00-3:00pm...\$70 Preregister and prepay. Credit cards accepted

"Spirit Connection for All Hallow's Eve" Crystal Grid Workshop: Samhain or All Hallow's Eve in the Pagan Wheel of Life marks the end of the harvest year and time to honor loved ones in spirit. It is also the when the veil between the living and spirit is at its thinnest. We will remember our loved ones by sharing their photos, personal items, or favorite snacks. You will then experience being cocooned in your Crystal Grid opening your crown and brow chakras assisting you with your communication with loved ones or spirit guides. Enhanced by meditation. Wear black. Contact instructors Trish Matthies and Bobbie Jenkins text: 781-929-7514 TheHealingMoon@aol.com
Tuesday, October 29 at 7:00-9:00pm...\$48 (Pre-registration required, class size limited.)
(Class Fee includes \$10 voucher towards Complete Crystal Set if purchased)

November Workshops

Animal Reiki Workshop with Karen Daley: This workshop is for any Reiki level practitioner who wants to share Reiki healing with their critters. Join me to learn how to use Reiki with our beloved critters near and far! Also discuss animal chakras and their placement in our pets as well as how to clear their energy and auras. Our critters are open to, appreciate and deserve the healing of Reiki. Bring several pictures of your critters. Preregister and prepay with Karen Daley of Animal and Spirit Talk. Call 508-642-6336 or email karen@animalandspirittalk.com. Credit cards accepted.
Saturday, November 2 at 12:00-4:00pm...\$85

Yin & Restoration Fusion Workshop: Tension Tamer: Stress is a part of our modern life and can manifest in many ways such as low energy, headaches, insomnia, aches, pains, and sore muscles. Fortunately, yoga can help relax and rejuvenate the body, mind, and spirit. Join Dawn Florio for this yin inspired practice designed to melt away tension - focusing on the neck, shoulders, and hips. Yin yoga is a meditative style of yoga in which postures are held for 3 to 7 minutes benefiting the physical and energetic body. Optional Reiki healing & sound bath with crystal signing bowls will add to this blissful event. Beginners welcome! Contact Dawn to preregister: dawn.florio@yahoo.com 508-298-9049. Space limited.
Sunday, November 3 at 10:00am-11:45am...\$30 Please pre-register and prepay.

Raising Your Vibration: Quantum physics has proven that everything has vibration, whether it's a table, a person, or an emotion. Many of us are not living our best lives. We are not living up to our true potential. We can live better, do more, and be happier. To do that, we need to start by raising our vibration. When you raise your vibration, your life begins to flow in harmony, from your relationships and health to your career and finances. The higher your energy, the more capable you are of getting rid lower energies, which weaken you or cause you to get stuck. Come learn ways to raise your vibration in this interactive workshop. Contact Jill to pre register jillh131@gmail.com.
Sunday, November 10 at 1:30pm to 5:30pm....\$111

All About Crystals Workshop: This workshop will cover the healing properties of crystals perfect to get you started for the healing of yourself or those around you. Class will discuss how to choose, cleanse, recharge, and utilize crystals to heal with stones in your everyday life. Learn which stones help each chakra, and what stones are used to calm, replenish, release, or protect. This class is hands-on to enable you to experience and sense the various energies of crystals. Class Crystals discounted to students. Contact instructor Trish Matthies text/call 781.929-7514 or TheHealingMoon@aol.com
Monday, November 11 at 7:00-9:00pm...\$48

Table Tipping Gallery – Conversation with Spirit: Join Table Whispers, Marsha Johnson and Beth Columbo for a gallery-style evening of table tipping to witness this fascinating form of physical mediumship. These skilled mediums are enjoyable and positive while giving messages from spirit to a larger group with their tables. This has been called an amazing experience from past attendees! Be one of the first to experience a gallery style evening of messages. Event size limited to 20. Not everyone is guaranteed a message Must pre-register. Contact instructor Marsha Johnson; marsha@joyful-soul.com or text/call 617-347-2461.

Friday, November 15 at 7:00-9:00pm...\$40

Sensitive Kid's/Teens STRESS LESS, LAUGH MORE Workshop: Is your child sensitive or empathic to the energy or people around them? Come let them meet other like-minded kids and learn how to clear their energy, find balance, and open their empathic gifts. In this workshop we will discuss how easily sensitives absorb other's energy, taking it on as their own. This can create sadness, anxiety or anger. This class will teach kids techniques to identify this negative energy, and how to release this stress and anxiety in a bunch of kid friendly techniques including activities, music, meditation, relaxation methods, aromatherapy, crystals and more! Kids will also create an EMERGENCY STRESS KIT! Instructors are sensitives Trish Matthies and Jill Hillery 781-929-7514 or thehealingmoon@aol.com

Monday, November 18 at 5:00-6:30pm...\$50

Candlelit Sound Bath for Forgiveness: Join Dawn for a transformational, sensory experience. Lie down or sit comfortably as Dawn leads you through a guided meditation for forgiveness – the gift you give yourself. Following the meditation, you will be immersed in the healing vibrations of crystal singing bowls, drums, bells, rattles, and Tibetan singing bowls. Transport effortlessly into a relaxed, meditative state. Benefits of a sound bath include the following: encourages relaxation & stress relief, supports deep meditation, improves concentration, elevates mood, balances the energetic body, encourages self-healing. Bring a notebook. Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Space is limited.

Saturday, November 16, 6:30-8:00pm...\$30 (cash or check) Please pre-register

Power Animals and Totem Workshop: In this class we will discover the difference between Totem and Power Animals. We will find which animals belong to you. Why you have certain animals at different times in your life. The different ways to find your Totem and Power Animals. We will Journey, Mediate and pull cards to help us discover our Totem and Power Animals. Please bring a journal. Contact Shaman Donna Brown 781-983-7748 bluewolf729@aol.com

Thursday, November 21 at 7:00- 9:00pm ...\$35

Chanting for the Harvest and Abundance: Please join Hema Malini or Merrill Theobald for the chanting of Sanskrit mantra to welcome prayers of abundance into our lives, perfect for pre-Thanksgiving fun. Sail through the holiday with new tools for yourself. No experience is necessary, come change your life for the better. Pre-Register with Merrill text or call 617-480-8247 or metheob@aol.com.

Monday, November 25 at 7:00-8:30pm...\$25

December Workshops

Yin & Restoration Fusion Workshop: Holiday Helper: The holidays can be a time of great joy, excitement, and fun but they can also be a time of great stress, anxiety, and sadness. Yoga and meditation are practices that can help you cope with the rollercoaster of emotions that can accommodate the holiday season. Give yourself a time-out and join Dawn for this powerful yin & restorative workshop designed to assist you in balancing your emotions, calming your mind, and creating inner harmony. Yin yoga is a meditative style of yoga in which postures are held for 3 to 7 minutes benefiting the physical and energetic body. Optional Reiki healing and a sound bath with crystal signing bowls will add to this blissful event. Beginners welcome! Contact Dawn at dawn.florio@yahoo.com or 508-298-9049. Space is limited.

Sunday, December 1, at 10:00-11:45am...\$30 Please pre-register and prepay.

Reiki Healer's Share Holiday Gathering : It is important as a healer to not only give to others but to receive healing as well, especially during this busy holiday season. Come join us for this friendly circle and share your gifts of healing with other Reiki Healers and Students of ALL levels! We will start with a guided meditation to relax and open our channels to universal energy then practice giving and receive healings to one another. The circle will close by sending group healing. Contact me in advance if you plan on joining us. Contact Trish Matthies 781-929-7514 thehealingmoon@aol.com

Monday, December 2 at 7:00-8:30pm...\$20

Candlelit Sound Bath for Stress Relief: Join Dawn for a transformational, sensory experience. Lie down or sit comfortably as Dawn leads you through a guided meditation for stress and anxiety relief. Following the meditation, you will be immersed in the healing vibrations of crystal singing bowls, drums, bells, rattles, and Tibetan singing bowls. Transport effortlessly into a relaxed, meditative state. Benefits of a sound bath include the following: encourages relaxation & stress relief, supports deep meditation, improves concentration, elevates mood, balances the energetic body, encourages self-healing. Bring a notebook. Contact Dawn at dawn.florio@yahoo.com or 508-298-9049.

Saturday, December 7 at 6:30-8:00pm...\$30 (cash or check) Please pre-register

Mother Mary Meditation with Channeled Message & Healing: In December we celebrate a Holy Day honoring the Immaculate Conception of the Ascended Master Mother Mary and welcome her loving energy to our circle. During this guided meditation you will ask Mother Mary for assistance and listen to her Pre-Channeled Message by Trish Matthies. You will then receive the channeled energy of Mother Mary with a hands-on healing. The room will be enhanced with a Crystal Grid to heighten the energy and open your heart center to her divine love. Contact Trish Matthies call/text 781-929-7514 or TheHealingMoon@aol.com (Pre-registration and prepayment required, class size is kept very small for this intimate evening)

Monday, December 9 at 7:00-9:00pm...\$66

FULL MOON Drumming Circle: Join us for this energizing ceremonial drumming circle, we will set our intentions, Journey, journal and do some Moon Spells. To stir the energy of the evenings moon, join us and bring your drum, rattle, or any instrument that feels right for you or borrow one of mine. We will pull Shamanic Oracle Cards for your month's focus. Contact Donna Brown 781-983-7748 bluewolf729@gmail.com Call or text to sign up for class

Friday, December 13 at 7:00-8:30pm...\$20

Chanting for Yuletide the Earth Mother: Come join Hema Malini, Merrill Theobald in chanting Sanskrit Mantra to welcome the Yuletide, peace and the Earth Mother in returning of the light. Chanting helps to relax you, and gives you the tools to navigate and protect from drama during the holidays. Come change your energy and those around you. Perfect for dealing with stress of the holidays. Treats will be provided, no experience necessary. Pre-Register with Merrill text or call 617-480-8247 or metheob@aol.com.

Monday, December 16 at 7:00-8:30...\$25