

Mind, Body, Spirit Summer Series

All workshops 2:30-4:00 pm, Sundays

The longer, slower days of summer give us more time to focus on ourselves. Be Well Now is offering 5 classes designed to keep you in optimum health. Co-taught by Lety Murphy and Danette Watt unless otherwise noted.

May 22 – Yoga and Digestive Health - \$25 (includes herb samples to take home)

Our gut plays an important role in our overall physical and emotional health. Learn how to keep your digestive system healthy through specific yoga postures and herbs.

June 26 – Yoga and Aromatherapy - \$20

This class is a blend of yin and yang, starting and ending with restorative poses and including an energetic middle sequence. Throughout, Lety will explain and use essential oils to enrich our practice.

July 10 – Creating Sacred Spaces - \$25, includes cost of supplies (Lety Murphy)

Join Lety and learn the importance of Sacred Spaces and how to arrange one for yourself. You'll create a sacred candle that you can take home for your own Sacred Space.

July 24 – Yoga and the Chakras - \$20

When our chakras are blocked, we experience imbalances that manifest as a host of mental, physical and spiritual problems. This class will teach you the basics of chakras while bringing them back into balance.

August 7 – Yoga and Your Emotional Health - \$20 (Danette Watt)

Yoga can help alleviate depression, anxiety and stress through meditation, asanas and pranayama (breath work). This class is designed to give students the tools they need to face life's challenges.

Pre-registration required. Sign up for 3 and get a 10% discount; sign up for all 5 and get a 15% discount. Questions? Call Lety (618- 580- 2454) or Danette (618-467-8827)

___ Digestive Health (May 22) ___ Aromatherapy (June 26) ___ Sacred Spaces (July 10)

___ Chakras (July 24) ___ Emotional Health (Aug 7)

NAME _____

Phone/Email _____

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