

ESSENTIAL OIL & SELF-MASSAGE FOR RELAXATION & DEEP SLEEP

with

Michelean Debono

TWO DATES TO CHOOSE FROM

Wednesday, October 8th

Wednesday October 15th

1:00pm-2:30pm

Discover the art of winding down naturally in this calming workshop focused on essential oils and self-massage techniques.

What You'll Experience:

- How to use specific oils to support the nervous system, relieve tension, and prepare your body and mind for deep, restorative sleep
- Guided self-massage practices
- Gentle breathwork
- Sensory rituals
- Guided meditation

Cost \$45

To Register:

www.olgretreat.com

516-627-9255



Our Lady of Grace Spiritual Center
29 Shelter Rock Road, Manhasset, NY 11030

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