



May 2018

Classes and Events

Call to Schedule: 570-283-0111

Download our App or visit our website for descriptions or to book online.



ESSENTIAL OILS and SKINCARE

Mother's Day Organic Skincare Event with Neal's Yard Remedies

Saturday, May 12, 12:00pm – 3pm, FREE, Registration Required

Essential Oils 101: Learn the Basics

Thursday, May 17 and June 21, 6:00-7:30pm, \$10

NUTRITION ~ WEIGHT LOSS ~ HOLISTIC CARE

PEMF Magnetic Therapy Open House

Try PEMF for only \$20! APPOINTMENT REQUIRED

Thursday, May 10, 9am-8pm

Introduction to the Metabolic Reboot

Monday, May 21, 6:00pm, FREE, Location: Thrive Wellness Center in Kingston

Wednesday, May 30, 6:00pm, FREE, Location: House of Nutrition in Luzerne

Introduction to the Metabolic Reboot – Online Webinar

Wednesday, May 30, 6:30pm, FREE

5-Week Metabolic Reboot Workshop: Reboot Your Health!

Mondays: Classes start June 4, 6:00pm, \$50 for 5 weeks

TAI CHI & YOGA

Yin Yoga with Tom Gilmore

Wednesday Nights, 6:00pm, \$15/class or \$120/10 series

Vinyasa Yoga with Tom Gilmore

Thursday Nights, 7:30pm, \$15/class or \$120/10 series

Tai Chi Classes with Wayne Wolfe (All Levels Welcome)

Saturdays, 10:00am (50 min.), \$18/class or \$100/8 series

Contemporary Chi Kung (Qi Gong) Class (All Levels Welcome)

Saturdays, 11:00am (50 min.), \$18/class or \$100/8 series

HOLISTIC CERTIFICATION CLASSES

Registration is accepted on a rolling basis for the 2018 Holistic Healthcare Practitioner and Holistic Nutrition Consultant Certification Classes. Call today to register!

Holistic Health Care Practitioner Certification Level 4:

Energy Medicine & Homeopathy

Sunday, May 20, 9:30am-5:30pm, \$325

Holistic Nutrition Consultant Certification Level 5:

Meal Planning Guidelines

Sunday, May 20, 9:30am-5:30pm, \$325

SPRING INTO WELLNESS!

Get a 30-Minute Wellness Consult with any Massage!

\$45 VALUE



Valid through June 30, 2018 / Not Valid with Other Discounts

**Receive 1 Magnetic Therapy Session with
Purchase of Metabolic Reboot Kit
Detox and Recharge Your Cells!**

VALUE \$45



Valid through June 30, 2018 / Not Valid with Other Discounts

Detox Footbath Package Special

**3x30 minute Detox Footbaths –
Enjoy a Series of three Detox Footbaths**

SAVE \$30



Valid through June 30, 2018 / Not Valid with Other Discounts