



**May & June 2019**

**Classes and Events**

Call to Schedule: 570-283-0111

REGISTER ONLINE at

ThriveWellnessKingston.com



**ESSENTIAL OILS AND ORGANIC SKINCARE**

**Essential Oils 101: Learn the Basics**

Wednesdays, May 22<sup>nd</sup> and June 19<sup>th</sup>, 6:00-7:00pm, \$10

**NUTRITION~WEIGHT LOSS~ HOLISTIC CARE**

**Metabolic Reboot Workshop: Spring Detox!**

Mondays: Classes start May 6<sup>th</sup> to June 3<sup>rd</sup> 6:00pm, \$50 for 5 weeks

**PEMF Open House**

Try PEMF for only \$20! APPOINTMENT REQUIRED

Saturdays, May 18<sup>th</sup> and June 15<sup>th</sup>, 11am-5pm

**WELLNESS TOPIC TUESDAYS**

**An Introduction to the Truth About Cancer and Hope 4 Cancer**

Tuesday, May 21<sup>st</sup>, 6-8pm, FREE

**Introduction to a Holistic Wellness Lifestyle – Includes PEMF or Detox Footbath Service**

Tuesday, May 28<sup>th</sup>, 6-8pm, \$35

**WEEKLY TAI CHI & YOGA**

**Tai Chi with Wayne Wolfe**

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

**Small Group Vinyasa Yoga Classes with Tom Gilmore**

**Class limited to 5 Students: Advanced Registration Required**

Mondays at 6pm and Thursdays 6:30pm, \$15/class or \$120/10 series

**Yoga for Stress and Anxiety Relief**

**Class limited to 8 Students: Advanced Registration Required**

Wednesdays at 5:30, \$15/class or \$120/10 series

**HOLISTIC CERTIFICATION CLASSES**

We are taking registrations for the 2019 Holistic Healthcare Practitioner and Holistic Nutrition Consultant Certification Classes!

**Holistic Health Care Practitioner Certification Level 5:**

**Iridology and Japanese Hara Analysis**

Sunday, May 5<sup>th</sup>, 9:30am-5:30pm, \$325

Thrive Wellness Center, LLC ~ 647 Wyoming Avenue, Kingston, PA 18704

www.ThriveWellnessKingston.com

## Establish a Consistent Meditation Practice

### ONE MONTH MEDITATION COACHING SERIES

1 a week for 4 weeks

Only \$200 (Save \$60)



Valid through June 30, 2019 / Not Valid with Other Specials or Discounts

## Mother's Day: Mother/Daughter Wellness Retreat – Your Choice of Massage or Organic Facial plus a Detox Footbath

\$150 Per Person (Save \$60!)



Valid through June 30, 2019 / Not Valid with Other Specials or Discounts

## Detox Your Body Special: Detox Footbath Series of 4: 1 a week for 4 weeks

Receive nutritional detoxification suggestions as well,  
customized for your needs.

Only \$120 (Save \$60)



Valid through June 30, 2019 / Not Valid with Other Specials or Discounts