



June 2019
Classes and Events
Call to Schedule: 570-283-0111
REGISTER ONLINE at
ThriveWellnessKingston.com



ESSENTIAL OILS

Essential Oils 101: Learn the Basics
Wednesday, June 19th, 6:00-7:00pm, \$10

HOLISTIC CARE

PEMF Open House
Try PEMF for only \$20! APPOINTMENT REQUIRED
Saturday, June 15th, 11am-5pm

WELLNESS TOPIC TUESDAYS

Introduction to a Holistic Wellness Lifestyle – Includes PEMF or Detox Footbath Service
Tuesday, May 28th, 6-8pm, \$35

Manifesting in 2019 Vision Board Workshop: Bring your photos & cut outs!
Tuesday, June 11th, 6-8pm, \$35

Men's Health Talk: Take Care of Yourself for your Family
Integrative Wellness for Prostate, Cardiovascular, Urinary & Sexual Health
Monday, June 17th, 6-7:30pm, \$35

Emotional Freedom Technique (EFT) and Tapping for Pain
Tuesday, June 18th, 6-7pm, FREE

You will learn how negative emotions play a role in chronic pain, how EFT tapping works and can be used to get rid of chronic pain. In short, you can reprogram your brain (neuroplasticity) to change how pain and discomfort is stored in the brain.

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 6:
Traditional Chinese Medicine Part 1: Theory and Meridians

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

Spoil the parents in your life with a Wellness Retreat for Mother's & Father's Day:

Massage, Organic Facial, plus a Detox Footbath
For Two! \$150 Per Person (Save \$90!)



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