



September / October 2019

Classes and Events

Call to Schedule: 570-283-0111

REGISTER ONLINE at
ThriveWellnessKingston.com



ESSENTIAL OILS

Essential Oils 101

Wednesdays, September 25th & October 16th,
6:00-7:00pm, \$10

MAGNETIC THERAPY

PEMF Open House: FIRST TIME PEMF VISITS ONLY

Saturdays, September 21st & October 19th, 11am-5pm, \$25

STUDENT WELLNESS EXAMS

Receive a wellness exam with our team of Holistic Healthcare Practitioner Certification students during their final clinicals. Appointments will be overseen by instructor Amber Summers, HHP, HNC. Call to book today! Cost: \$25 Value: \$200

HYPNOTHERAPY CLASS

Connecting With Your Subconscious

Damian Miller, CCH, from New Hope Hypnosis in Philadelphia, will be offering a workshop on the power of connecting with your subconscious.

Learn how to take your life back!

Fridays, September 6th & October 11th, 6-9pm,
FREE

HOLISTIC CARE

The 5 Steps to Optimum Health

Dr. Peter Amato, PhD, DNM, will teach how to create your best health! If you have health concerns, or are on medication, we can help get to the root and eliminate your symptoms!

Fridays, September 20th & October 18th, 6pm
FREE

WELLNESS TOPICS

****REGISTRATION REQUIRED****

Beyond Pharmaceuticals

Tuesday, September 10th, 6:30-7:30pm, FREE

Mastering Mindfulness

Tuesday, October 22nd, 6-8pm, \$45
CEU's for Yoga Instructors

De-cluttering Your Home

Freeing Your Spirit

Sunday, September 22nd, 1-2:30pm, \$25

All About Sound Healing

Tuesday, September 17th, 6-8pm, \$15

WEEKLY TAI CHI & YOGA

Tai Chi with Wayne Wolfe

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

Small Group Vinyasa Classes with Tom Gilmore

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

Yoga for Stress and Anxiety Relief with Kaylee Macko

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

HOLISTIC CERTIFICATION CLASSES

We are taking registrations for the 2020 Holistic Practitioner & Nutrition Consultant Certification Classes!

Holistic Nutrition Consultant Certification Level 3:

Nutrition & Body Chemistry

Sunday, September 15th, 9:30-5:30pm. \$325

Holistic Nutrition Consultant Certification Level 4:

Carbohydrates & Fats

Sunday, October 20th, 9:30-5:30pm. \$325

\$65 Organic Crystal Healing Facial

Organic Skincare and Crystal Facial Tools

Value \$85 (Save \$20!)



Valid through October 31, 2019 / Not Valid with Other Specials or Discounts

Detox & Immune Support Massage

90 min Raindrop Massage PLUS Detox Footbath - \$125 (Save \$30!)

90 min Raindrop Massage only - \$95 (Save \$15)

**FALL
CLEANSING
SPECIAL!!!**



Valid through October 31, 2019 / Not Valid with Other Specials or Discounts

\$25 Student Clinical Wellness Exams

Receive recommendations on lifestyle changes, supplements, and nutrition to get yourself on track!

90 min (Save \$175)



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