

## Well-Phoria Wellness



Hello September,

It is incredible that we are already heading into fall. Before we know it, the leaves will begin to turn, harvests will be plentiful, the air will become crisp, and the days are suddenly shorter. Yes, it will be time for sweater weather and candles once again. Did you know.....Fall is a fantastic time to really work on balancing your root chakra and ground yourself before we go into hibernation mode.

During our Reiki sessions, I Utilize several different complimentary Modalities, such as Crystals, sound therapy and meditation.

The naturally pure and high vibrations of Autumn Equinox, truly makes Chakra Balancing a beautiful experience and it's the perfect time to get started.

Are you ready to begin your chakra balancing journey? Contact Barb [barb@wellphoria.ca](mailto:barb@wellphoria.ca) or Call/Text 613-464-9109 or book online at [www.wellphoria.ca](http://www.wellphoria.ca) Packages Avail.



With Sweater and candle weather around the corner, this means Well-Phoria Candles will be busy spreading the vibration at some upcoming events. If you happen to be out looking for something to do, come on out and say hello!!

More than a candle, its an experience.

Women's Show Sunday Sept. 10 – Oakfield Rugby club 2585 Drummond Con 2, Perth  
Perth Night Market Saturday Sept 16. 5-10 – Downtown core Perth  
South Frontenac Holistic Fair Sept 23 10-3 Harrowsmith Centennial Park