

Happy March !!!!!!!

Spring is just around the corner and with that comes so many wonderful changes. Change can be very overwhelming to many, but it doesn't have to be. Change is something that perpetuates newness, being alive and most of all, positive emotion.

I am back from spending almost a month in Bali and have come back not only rejuvenated but ready to make some great positive changes.

I had the privilege to be apart of the most beautiful healing retreat I could have possible imagined. It was filled with traditional Balinese culture that isn't on Instagram or on the tourist map. Amazing healers, temples, blessings, celebrations, waterfalls, healing springs, learning about their beautiful culture and many other amazing feats. It lit up the creative side in myself that has been dormant.

It reignited my passion for being a multi-faceted healer in different modalities and I look forward to bringing them to you.

Included in these are Meditation/breathwork workshops that I had been working on for years that have sat in my "to finish" pile. I wasn't sure what I was waiting for but during my time in Bali, when I was going to many different complementary modality workshops, I wondered ..what was I waiting for???? Helping others is truly where my passion lies. Whether it is directly or indirectly, knowing that I can help someone find their niche or light, is what makes my light shine brighter.

On that note, I am working with a couple locations in Perth and Smiths Falls area to do the spiritual workshops I have planned. Activation Breathwork/ Sound healing workshop/Chakra opening meditation / Dreambook/journaling workshop.

Dates will begin in Late March. Locations will be posted online and Lotus Wings

With that being said, I have also gone into doing Candle workshops in our area which has been so much fun!!!! Learning a new skill is great, doing it in an interactive space and getting to take home your own creations.... Priceless. **(% of all tickets go to organizations specializing in mental health for military, veterans, first responders)

March 7 – C'est Tout Bakery Smiths falls 5-8 (special international women's day dinner included)

March 10 – Vimy Brewery Ottawa 1pm-4pm

March 21 – Bridgemasters Brewery Perth 6-830

More Dates being finalized and added to website

Tickets available on Eventbrite

In-Person Chakra Healing Reiki Sessions/ Reiki Crystal Sessions available - Tuesday's
12-730

Email directly at barb@wellphoria.ca or book online wellphora.ca

Namasté



Where flowers bloom, so does hope - - Lady Bird-Johnson