



## *Well-Phoria Wellness*

I will be offering a variety of **self-care workshops** in a series called **\*Discover your inner Divinity\*** that will include Various types of Meditation, breathwork with some specialty workshops like “Manifesting Dreams book Sesh”. This series will be held on specified Tuesday evenings at Louts wings with limited availablity..

The first in this series is our *Loving Kindness Meditation Sesh.*

April 23 – *Loving Kindness Meditation Sesh* -630-8pm \$20.00 - Experience a transformative way of meditation that infuses love and grace into your practice. Connect with your spirit and unlock a kinder, happier version of yourself. Elevate your consciousness and forge a deeper connection with your divine source and inner self. Reserve your spot – [barb@wellphoria.ca](mailto:barb@wellphoria.ca), DM [Instagram.com/wellphoria](https://www.instagram.com/wellphoria)



## *Everlasting Elegance* – *Well-Phoria's* Forever Jewelry

14 karat, 14 Karat filled, 925 Sterling silver Chains

Get a bracelet with your sister, mom, husband, or a gorgeous delicate bracelet stack that will be the envy of all. Prices starting at \$65.00

Booking appts Tuesday at Lotus wings – messge for booking [barb@wellphoria.ca](mailto:barb@wellphoria.ca)

Also booking pop ups



*A great scent is a world you can return to over and over – a keyhole into another realm.”*  
 – David Seth Moltz

What’s better than a beautifully made scented candle??? Why, One that you have made and personalized yourself.

I am holding candle workshops around the area. Come out and learn a new craft/hobby in a fun and interactive way!!!! Go home with your own personalized scented candle

**April 14, 1130-2pm at CC’s on the Rideau** 1030 Rideau Ferry Road – candles, Lunch Included. \$60.00. **RESERVE TODAY CC’s - 613-267-6060**

**April 30 6-830 The Cove Inn** 2 Bedford, Westport \$60.00 Candles, beverage included. Tickets available wellphoria.ca or message [barb@wellphoria.ca](mailto:barb@wellphoria.ca)

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