

Well-Phoria Wellness - May 2024

Find your Inner Divinity Series

A Self-Care Workshop that is all about you!

As women, we often find ourselves taking care of everyone else. We play multiple roles as daughters, sisters, mothers, wives, aunts, and grandmothers. We love unconditionally and always seem to prioritize taking care of others around us, but often overlook taking care of ourselves.

Why do we wait until we reach a critical point in our lives before we start putting ourselves first? Just like when flying, we are instructed to put on our oxygen masks first before assisting anyone else. This is a concept we should apply daily for our well-being.

Self-care is not just about treating yourself to a day at the spa or going on a shopping spree. It should encompass all aspects of your being, including your mind, body, and spirit. When these three components are in harmony and properly tended to, you will experience a noticeable improvement in your overall well-being and quality of life.

In this Series, we are starting with a Meditation Practice that will help you to ground yourself. We will take a journey to find the things that make your soul smile.

#1. Loving Kindness Meditation Sesh

Loving Kindness is a traditional Buddhist concept, that implies acting with compassion toward all sentient beings, with an awareness and appreciation of the natural world

Loving-kindness meditation reduces self-criticism, quietens our inner critic, and makes us more self-accepting

These Meditation sessions are not only Beautiful but they Strengthen your heart, by embracing loving-kindness, compassion, sympathetic joy and equanimity.

Cultivate one-pointed attention and allow these qualities to emerge, transforming your heart.

Practicing this meditation can calm intense emotions, like anger, that may be too overwhelming to observe directly.

Loving-kindness meditation can help soften overpowering negative thoughts and make them more manageable.

People who practiced Loving-Kindness Meditation daily for seven weeks reported a steady increase in their daily experience of positive emotions, such as joy, gratitude, contentment, hope, and love

If you would like to attend a session that has already been held, please email barb@wellphoria.ca

#2. Dream Big Sesh– Dream Book/Vision Board Workshop –

Tues May 28

6-730.

\$45.00 (Includes materials)

Lotus Wings – 30 North St* Limited seating

You already have within you everything you need to turn your dreams into reality.” —

Wallace D. Wattles

I attended my first Dream book workshop, not long after Rhonda Byrnes released her book, The Secret in 2006. I still have that same Dream book that I had made in this workshop. I have updated it, time and time again as things evolve in my life. Its been a beautiful tool for me and every time I look at it, I am amazed at the impact it has made in my life. Im going to share with you the secret to dream/vision boards and start your own book to keep and update for years on end

Dream books & vision boards are powerful tools for visualizing and manifesting goals

Are you ready to tap into your creativity and manifest your goals? Join this workshop for guided meditation, reflection, and creating your dream book. A unique opportunity to turn your aspirations into a visual representation. Book today

RSVP barb@wellphoria.ca or Direct message on Facebook/Instagram

Permanent Jewelry

I recently began doing Forever Jewelry under my Well-Phoria Umbrella. Introducing, Everlasting Elegance forever bracelets. These are done by appointment or at a pop-up.

Experience the convenience and beauty of permanent jewelry. Made from 10K or 14K gold, this jewelry is both durable and resistant to the elements. With its non-magnetic properties, you'll never have to worry about taking it off. Enjoy its longevity and versatility.

You choose your chain preference, and charms (If applicable). Perfect for friends, partners, bridal parties, Mother/Daughter, siblings or just to stack them for yourself. Loyalty cards Available - 10th bracelet free 😊

Booking One on One appts and Pop-ups now.(Pop-up incentives to be discussed during booking)

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Reiki

Reiki Appointments Available Tuesdays.

Specializing in Chakra Healing/Balancing. Spring is the season of renewal, hope and energy. Perfect time to work on your Sacral Chakra.

Book an appointment and lets work on balancing your chakra system, together.

April Showers, Bring May Flowers!!

What a wonderful April it was! The eclipse was a beautiful and energetic event that raised vibrations for all of us as a collective. Now that the weather is finally cooperating, it's time to start working on our gardens, keeping our lawns tidy, and resuming outdoor chores. The buzz of nature is alive and exciting! It's my favourite time of year, a time of renewal and regeneration. Happy Spring