



SPIRIT HORSES WELLNESS CENTER



HERBAL AND GIFT SHOP
OFFERS YOU

A SPRING OF WELLNESS OPEN HOUSE

Friday, April 18th (10-6) and Saturday, April 19th (10-5)

Join us for:

* Panel Discussions

How can we help you?

Complementary and Alternative Care for:

Allergies, Insomnia, Digestive Issues, Stress, Headaches, Pain, Difficulties Focusing or Learning, Immune System Support

* Informational & Experiential Presentations

Cranial Sacral Therapy, Guided Journey & Organics

* Intuitive Readings

Stop in early to sign up for a **FREE Intuitive Reading**

Also offering:

20% off all retail items

\$10 off Body Energy Sessions booked during the Open House

CALL 608-963-0282 OR

VISIT OUR WEBSITE FOR MORE INFORMATION!

www.spirithorseswellness.com

SPIRIT HORSES WELLNESS CENTER, 529 WATER ST., PRAIRIE DU SAC, WI
(ABOVE THE WINDOW SILL GIFT SHOP)

**SPIRIT HORSES WELLNESS CENTER
HERBAL & GIFT SHOP**

Open House

Schedule of Offerings:

*** Panel Discussion: How Can We Help You?! Friday and Saturday at 1PM**

Hear what Spirit Horses Wellness Center has to offer in the areas of complementary and alternative services for issues such as allergies, headaches, insomnia, stress and overwhelm, pain, immune system support, focusing and learning difficulties and digestive issues. Dis-Ease happens on many levels and we offer a variety of approaches on those many levels. Please come and hear Jeni (Herbals, Homeopathics, Organics), Terry (Cranial Sacral, Brain Gym) and Betty (Reiki, Gentle Guidance & Breathwork) present, as a panel, various techniques used in their specialties to assist you in the above-listed areas. Bring your questions and we'll do our best to answer!

*** Spring Allergies Friday and Saturday at 2PM**

Jeni will discuss herbal and homeopathic products that will support and nurture your immune system and relieve allergy symptoms.

*** Cranial Sacral Therapy Friday and Saturday at 3PM**

Terry will offer an informational and experiential presentation on Cranial Sacral therapy including how and who it works for, as well as, a self help tool for participants.

*** Guided Journey (introduction to Breathwork) Friday and Saturday at 4PM**

Betty will guide you into a relaxed state through voice, music and breath and offer you an opportunity to journey inside for deeper self-knowing.

INTUITIVE READINGS!!!

We will be offering **FREE** Intuitive Readings throughout both days. Stop in early to reserve your time.

20% off all retail items

\$10 discount on all Body Energy Sessions booked during Open House

If questions or for more information,
call Betty 963-0282 Jeni 393-4639 or Terry 513-4752