

“Tools to Raise & Maintain Your Vibrational Frequency”



Our thoughts, emotions, behaviors and patterns can all be measured by vibrational frequency.

The lower our vibration, the heavier our lives. The higher our vibration, the lighter our lives – physically, emotionally, mentally, spiritually, relationally and environmentally.

Living a high-vibrational life allows you to experience life with increased health, happiness, clarity, joy, acceptance, abundance, power and love.

In this weekly class, Holistic Health Practitioner and Health Educator Lynn Pridmore shares a variety of easy-to-implement, life-enhancing tools and supportive practices. A sampling of topics includes:

- *Rewiring Your Brain with Neuroplasticity
- *Emotional Freedom Technique (EFT or Tapping)
- *Healing Your Inner Child
- *Chakras & The Auric Field
- *Emotions & Your Health
- *The 5 Elements of Traditional Chinese Medicine
- *The Brain-Gut Connection
- *Visualization & Meditation
- *Energetically Clearing Your Physical Space
- *Changing the Chemistry of Your Body
- *Working with Astrology & the Moon Cycles
- *Overcoming Behaviors & Patterns
- *Yoga, Qigong & Energy Movement
- *Creating Sacred Space
- *Self-Healing with Energy Medicines
- *The Healing Power of Forgiveness
- *Healing Crystals, Symbols & Sacred Geometry
- *Vibrational Sound Healing Therapy

Begin your Sunday Morning with a life-enhancing lesson & experience a more fulfilling week ahead! Each class includes a guided meditation & exercise to reinforce the practice.

Sunday Mornings 10:00 - 11:30 ~ Beginning September 12th

\$25 class fee via Venmo to “Lynn-Pridmore”

Zoom link will be emailed when payment is received

Join us weekly or as your schedule allows, and enjoy a more powerful, happier You!

Contact Lynn Pridmore at Lynn@SpiritHealingAndWellness.com or 201.572.7771 for more info.