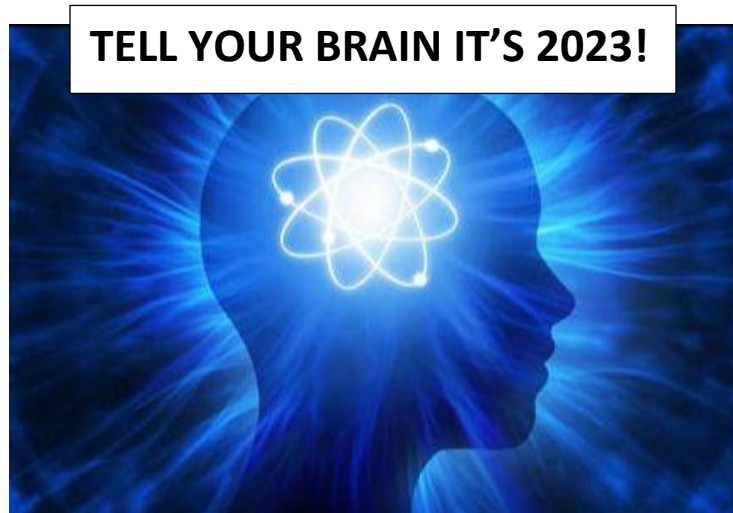


“CATCH UP WITH YOUR LIFE IN YOUR BODY AND MIND!”



ARE YOU AND YOUR BRAIN LIVING IN THE SAME TIMEFRAME?

Life is constantly changing...kids grow, jobs change, relationships shift and newness begins.

When the brain is not aligned with present day reality, a gap is created.

Despite multiple efforts, living in a gap will continue to present itself in various unwanted ways (resistance, frustration, lack of fulfillment, the inability to create lasting change) until new neural pathways are created, which bring us up to date in life.

In this weekly class, Holistic Health Practitioner Lynn Pridmore will share various practices rooted in Neuroscience, Psychology and Physiology.

These tools are designed to create cohesion in your body, heart, mind and life, which then allow you to experience increased health, fulfilment, happiness and joy.

“CATCH UP WITH YOUR LIFE IN YOUR BODY AND MIND”

Mondays 7:00 - 8:30 pm via Zoom, Beginning April 10th

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

[Click here for class flyer](#)

Zoom link will be emailed upon receipt of payment

Join us weekly or as your schedule allows!

Contact Lynn Pridmore at 201-572-7771 or Lynn@SpiritHealingAndWellness.com for additional information (www.SpiritHealingAndWellness.com).