

“Practical Spirituality”



The Bible instructs us to “Be in this world, but not of it.” How do we accomplish this in today’s fast-paced world, living in the age of information and technology?

Now more than ever, Ancient wisdoms, practices, methodologies and tools, coupled with Modern science, can greatly enhance the quality of our happiness, health, relationships and lives.

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

- *Visualization, Prayer & Meditation
- *Self-Healing with Energy Medicines
- *Personal Application of the Bible
- *Creating Sacred Space
- *Yoga, Qigong & Energy Movement
- *Utilizing Astrology & the Cosmic Energies
- *Vibrational Sound Healing Therapy
- *Energetic Clearing
- *Raising & Maintaining a High Vibration
- *Overcoming Patterns with Neuroplasticity
- *Chanting & Toning
- *Manifesting with the Moon Cycles
- *Emotional Freedom Technique (EFT)
- *Symbology & Sacred Geometry
- *Chakras & The Auric Field
- *Astrology

**Each class includes a Guided Meditation and Vibrational Sound Healing Therapy.
Join us weekly or as your schedule allows.**

**Monday Mornings 10:00-11:30 (\$25)
Chester location provided upon registration**

Learn & implement these time-honored tools & enjoy a more peaceful, powerful, happier You.

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