



“HANDS-ON SELF HEALING SESSION!”

Join us Monday evenings for an at-home self-healing energy session and activate your body’s innate desire and ability to self-heal!

Holistic Health Practitioner and Reiki Master, Lynn Pridmore, will lovingly guide you through a relaxing, soothing, energy-opening healing session.

You will gently place your hands on your body, following the energy pathways (meridians) of your body.

The systematic hand placements will relax and harmonize your body, mind and emotions, helping to dissolve physical, mental and emotional discomforts.

You’ll end the class feeling relaxed, refreshed, calm and at peace; aligned in body and in mind.

Gift yourself the gift of peace and join us Monday at 7 pm!

“HANDS-ON SELF-HEALING ENERGY SESSION”

Mondays 7:00 - 8:00 pm via Zoom

\$20 via Venmo to “Lynn-Pridmore” (7771 last 4 digits)

[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).