

**“The Journey Within”**

**A Community of Learning, Fun, Connection & Support for High School Girls**

Transitioning into adolescence can be a challenging time for young women. Stress, anxiety, low self-esteem, self-sabotage, body image and peer pressure are often a part of a young girl’s life.

Learning to know who they are within their own selves (outside the connections of family, friends, classmates, teammates, boys, etc.) is a crucial component of healthy living. The sooner girls realize they are already whole and complete…the happier, healthier, more confident and secure they will be…today, and in years ahead.

Holistic Health Practitioner and Health Educator, Lynn Pridmore, is offering a class specifically designed for high school girls. In this class, Lynn will share a variety of natural, holistic, easy-to-implement tools and techniques to assist young women on their journeys.

A sampling of practices includes:

**Relaxation Techniques (Meditation, Mindfulness, Living Presently)**

**Gentle Body & Energy Movement (Yoga, Qigong, Deep Breathing)**

**Transformational Mindsets (Positive Thinking, Affirmations, Gratitude)**

**Self-Healing Energy Work (Jin Shin Jyutsu, Reflexology, Reiki)**

**Emotional Freedom Technique (also known as EFT and Tapping)**

**Sound Vibrational Therapies (Singing Bowls, Tuning Forks, Toning)**

**The Journey Within meets:**

**Saturday mornings 10-11:30**

**October 5 & 19, November 2 & 30 and December 14**

**at Spirit Healing and Wellness**

**50 Main Street (top floor)**

**Chester, NJ 07930**

**$30 class fee**

Lynn’s intention is that the girls will create their own individual physical, mental, emotional and spiritual tool boxes to assist them throughout their lives; and that they will discover and embrace the unique gifts within them, while they are young and supported, still living at home. Doing so will allow their lives to unfold more gently…with confidence, love, acceptance and grace.

Contact Lynn Pridmore at Lynn@SpiritHealingandWellness.com or 201-572-7771 or visit [www.SpiritHealingAndWellness.com](http://www.SpiritHealingAndWellness.com) for additional information.