

The background of the flyer features a light beige, textured paper. On the left side, there are two main visual elements: a cluster of pink orchid flowers with white centers and yellow stamens, and a vertical stack of seven dark blue, smooth, rounded stones. The text is arranged on the right side of the page.

Energy Balance

4th Thursday of each month

7:30 pm

Group Session

sliding scale \$15 - \$30

Gain new insight about the things that bother you, your family and your world. Shift your viewpoint and balance the energies around you to reduce your stress.

Integrative Healer, Elaine Smith, leads you through the exploration of kinesiology, flower essences, aromatherapy, oracles and other tools that allow you to feel refreshed, energized and at peace.

Group balances are a mini version of a private Energy Balance session with the added benefit of group discussion.

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Leader: Elaine Smith, Integrative Healer and Reiki Master