



ART OF LIFE UNIVERSITY NEWS LETTER vol.3

WELCOME BACK TO WELLNESS

THE HIDDEN SPA 3.0

- Light Therapy Facial Treatments
- Couples Energy & Body Work
- Monthly Memberships
- Myofascial Release
- Vibro Acoustic Massage Therapy
- Soul Contract Decodings
- Energetic Consultations



AUGUST EVENTS

*Breath Work and Group Meditation
THE OBSERVER WITHIN
Saturday, August 13th, 7 PM- 8PM
@ The Hidden Spa

* Wellness Workshops:
BODY DIAGNOSTICS & AWARENESS
Saturday, August 27th, 7PM
@ The Hidden Spa

* Hillcrest Farmers Market
Sunday, August 21st & 28th, 31st 9 AM - 2 PM



WELLNESS WORKSHOPS

Cutting energetic cords that bind us, to free sacred space and create the love story of your life..



ENERGETIC HEALTH

How do you manage your energy?
What do you do to return to balance?
Why do you need balance in your life?
Where can you use more energy?

REPROGRAMMING NATION

Becoming The Master of your destiny is a responsibility not for the light-hearted, yet for the soul ready to become the beautiful being of love and light that you're created to be.

This is a process of changing thoughts and beliefs to overcome fears, and other negative emotions or to achieve success in any area of your life.

TEAM WORK MAKES DREAMS WORK

"There is an immense creative power when a group of individuals with similar goals unites in order to work toward the collective dream. It is great to do what you love but much greater with a dedicated team. All is one, I am We"

