

12 Days of Wellness

CHAKRA SELF CARE

Thursday, December 6 • 9:45-10:30am



LEARN HOW TO ENERGIZE AND BALANCE OURSELVES

with simple self-care practices grounded in the chakra system. Learn to be present... with ourselves, and thus with others as well. Celebrate this season of inner light! With Kate Graves, she is a 2000 graduate of the Barbara Brennan School of Healing, a 4-year program of healing through the human energy field. She practices massage, bodywork, and is owner of Stowe Yoga Center.

FREE

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com
The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

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