

## Wellness From Within Circle



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Experience *Wellness From Within* every Wednesday evening at Unity San Luis Obispo from 6:00 until 7:00 pm at 1490 Southwood Drive in San Luis Obispo. The public is invited to attend this healing class. A love offering is

The premise of the class is that the process of healing and experiencing wellness is an inside job. It is the inner healing and connecting with spirit that will help each of us find the right mental, emotional, and spiritual connections that will put us in the right place, with the right people, at the right time, with the right information, and the right belief system that will support healing, resulting in each of us experiencing our full wellness.

Each week we work with different paths and lessons in healing whatever is not in alignment with Spirit. We have been working with the appreciation and breathing experience of *HeartMath*. We worked in recognizing our true, unique, valuable, selves through inner contemplation and by naming ourselves and our life experience in a “white stone” ceremony. We have experienced wellness through a “healing light” meditation.

On February 3, Genevieve, a Quantum Touch healer, will be sharing an energy healing experience at the class. We will be working with Quantum Touch healing throughout the month of February.