

A Moment of

Grace

An essential part of your healing is to create a space in your daily routine to “receive.” By doing this, you create a “Moment of Grace” during which your inner recuperative powers can go to work! During this one hour group session we will practice relaxation, healing imagery, and affirmations. This group experience is designed to give you practice and provide some momentum so you can create a daily routine of relaxation, imagery, and affirmations at home.

Sessions available on Mondays and Fridays: \$65.00 per hour