

WEEKEND WELLNESS

Please join us Saturdays from 12:00pm - 2:00pm

Featured Guests for September 2024

<p>9/7 Intro to Ayurveda</p>	<p>Guest: Nisha with Lotus Soul Wellness Learn what food types work best with your body type. Ayurveda is a natural system of medicine, developed over 15,000 years ago in India. Ayurveda translates to <i>knowledge of life</i>. Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit, and the environment.</p>
<p>9/14 roXiva lamp Therapy</p>	<p>Guest: Cathy Alderson-Riley with Roxiva Come check out a light therapy modality! The roXiva lamp will blow your mind in a good way, and will help you completely let go into a blissful world of colorful, moving kaleidoscopic patterns synchronized to music. <i>Note: this is not recommended for users that have had a TBI, seizures, epilepsy, or other light sensitivity.</i></p>
<p>9/21 Benefits of Sound Bathing</p>	<p>Guest: Valentina Sound & Energy Alchemist Awaken your divine consciousness & remember who you are through sound. Valentina is a sound healing alchemist. The experience uses sound to relax the mind and the body, and it involves lying down on your yoga mat with your eyes closed. Please bring your own yoga mat.</p>
<p>9/28 Sweet Bees</p>	<p>Guest: Max & Jenny with Sweet Bees Raw Honey Farm Learn about hyper local honey Come learn from master bee keepers Max & Jenny and their hyper local honey. They are incredibly passionate about quality and can answer any questions about the benefits of their wonderful honey. Their products are also for sale at Growing in Health FL.</p>

GrowingInHealthFlorida.org

7211 Vanderbilt Beach Road, Ste 3 - Naples, FL

239-331-4807