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DAILY ENERGY ROUTINE CLASS

**Green Heart Gardens on George
Wiarton or online 9:30am-12:30pm**

Take a deep dive into energy self care to lift your spirits and calm your stress! Eden Energy Medicine Certified Practitioner and Authorized Teacher Anna Jean Bradley will guide you through Donna Eden's simple but profound routine. Once learned you can keep it going daily at home in a matter of minutes! \$75 per person

GREENHEARTSTUDIO@MAC.COM