



new year rejuvenation *and renewal*

EARLY
BIRD PRICING
\$99



Collaging for Self Discovery

Sunday, January 10th
10:00-11:30 am

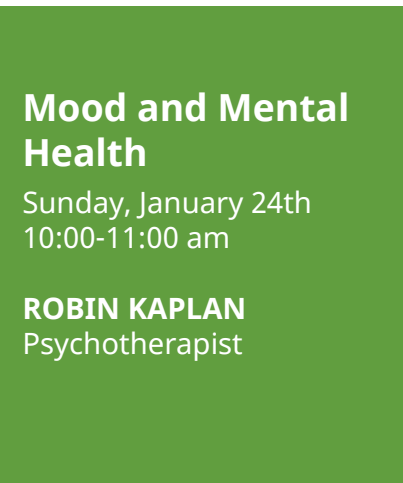
NADINE LUCAS
Licensed Mental
Health Counselor and
Expressive Therapist



Meditation to Relax and Renew

Sunday, January 17th
10:00-11:00 am

MARCI ZIEFF
Creating Calm LLC,
certified Reiki Master
Shamanic practitioner



Mood and Mental Health

Sunday, January 24th
10:00-11:00 am

ROBIN KAPLAN
Psychotherapist



Clean Beauty for Every Body

Sunday, January 31th
10:00-11:00 am

LISA LANIADO
Beautycounter
Independent Consultant



Ayurveda 101 and Circadian Rhythms

Sunday, February 14th
10:00-11:00 am

NANCY WIND
POWER UP Coaching
PeaksandPoses Trail Yoga



Acupressure and Traditional Chinese Medicine

Sunday, February 7th
10:00-11:00 am

KIMBERLY GRIFFIN
Licensed Acupuncturist



When you feel good anything is possible

Let's start 2021 with the knowledge and tools to help boost our health, happiness, and relationships with family, friends, and most importantly — ourselves.

www.PeaksandPoses.com



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Details

Each interactive workshop will be live on Zoom. Recorded sessions will be available if you can't make it to a live session.

Collaging for Self Discovery

Sunday, January 10th 10:00-11:30 am

Collaging is a playful, therapeutic way to heal and express yourself, and an opportunity to cultivate self-awareness and empathy that can lead to an overall sense of wellbeing. In this workshop we will make Self-Discovery Cards: a unique way to get to know and understand yourself better through creative imagery. After the card-making we will briefly share our cards in a supportive community. Supplies: a variety of magazines and images, scissors, glue sticks, and "17 point" 5x8 cards to purchase [here](#).

Nadine Lucas, Licensed Mental Health Counselor and Expressive Therapist

Meditation

Sunday, January 17th 10:00-11:00 am

Come join us for an experiential workshop of guided meditation. Relax and renew while learning some simple tools that when practiced regularly, can reduce stress, promote greater health, increase happiness and help improve self-awareness.

Marci Zieff, founder of Creating Calm LLC, is a stress management expert, a Certified Reiki Master and a Shamanic practitioner. Please visit her website creating-calm.com

Self Care, Mood and Mental Health

Sunday, January 24th 10:00-11:00 am

Join the discussion with Robin about research-based information and life-long tips on how to lower anxiety, lessen depression and feel more ease. Enhance your current self care practices and learn new healthy habits for mood stabilization and grounding. These practices are especially important during challenging times.

Robin Kaplan, LICSW has been practicing psychotherapy with couples and individuals for over 30 years in the Greater Boston area.

Clean Beauty and Self Care-Safer Formulas for Every Body

Sunday, January 31st 10:00-11:00 am

Let's dive into the truth about the beauty industry, the effects of toxins found in many of our products and their impact on our health. Become a smarter consumer and learn what ingredients and products to avoid. Tips and tricks on self care and getting through the winter during a pandemic will be shared. Beautycounter is a skincare and cosmetics company that has taken a stand against using unhealthy and harmful chemicals in our personal care products. .

Lisa Laniado, Independent Consultant with Beautycounter

Build a Stronger Immune System through Acupressure and Traditional Chinese Medicine

Sunday, February 7th 10:00-11:00 am

We will explore the principles of Chinese Medicine that support a healthy immune system. You will learn how to stimulate acupressure points to strengthen the body's defenses against viruses and bacteria, food and herbs used in Traditional Chinese Medicine to increase the body's resistance to colds and flu, and basic Traditional Chinese principles to help strengthen the protective energy of the body to prevent disease.

Kimberly Griffin, Licensed Acupuncturist

Ayurveda 101 and the Circadian Rhythms

Sunday, February 14th 10:00-11:00 am

Find out what all the hoopla is about Ayurveda and its relationship with the circadian rhythms. Discover your Dosha and begin to understand your unique constitution and how living in greater balance with the cycles and rhythms of the day and seasons will improve your sleep, weight optimization, digestion, attention focus, and a stronger immune system.

Nancy Wind, Health/Lifestyle Coach, Facilitator of POWER UP Coaching program, Founder of [PeaksandPoses](#) Trail Yoga and Outdoor Adventure.

Cost

\$99

EARLY BIRD

BEFORE December 15

\$129

REGULAR

AFTER December 15

register

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