



Wellness and Reiki

Presents

Westhampton Beach Overnight Seaside Retreat

September 18th and 19th

1:00 pm - 1:00 pm

Psychic Medium Janet Sharp will facilitate a Meditation Circle and offer Gallery Readings to connect with spirit through sight, sound and feelings

*Perhaps it is time to release, that which no longer serves you
A Burning Bowl Ceremony which incorporates Meditation, Music, Writing, Reiki Healing and Aromatherapy will afford each participant the opportunity to identify and release those people, places and things that no longer support you on your life's journey*

Danielle Campbell of Huntington's Harbor Lights Yoga Studio will lead a Sunday morning beachside Yoga session

No prior experience necessary

Reservations and non-refundable deposit required

WellnessandReiki.com or 631-672-5265 Bridget Salmaggi

*King size room~ balcony & private bath \$450**

*Queen size room with balcony \$400**

*Room Sharing~\$150 for each additional person**

*Sleeping bag accommodations: \$200.00**

Day guests are very welcome:\$150.00 includes dinner (\$25 discount offered if deposit received by Sept 11th)