

SACRED SUNDAY

YIN + PIN + REIKI HEALING CIRCLE

A whole-being approach to balance & harmony

MIND • BODY • SPIRIT



INSPIRATION IS LIFE
with ALICIA BUIVIS

FIRST EVENT

Sunday, December 28

1:00-2:30 PM

Mindfully Journey

Barrington, IL

(Parking in back of building)

WHAT TO EXPECT

- Yin Yoga for deep fascia & meridian release
- Acupuncture (Pin) to support energetic balance
- Reiki energy healing for grounding & clarity

WHO THIS IS FOR

For anyone seeking:

- Emotional balance and nervous system support
- Deep rest and intentional self-care

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For anyone seeking:

- Emotional balance and nervous system support
- Deep rest and intentional self-care
- A grounded, heart-centered healing experience
- Community rooted in self-love and wellness

All levels welcome.

No experience needed.

BENEFITS

Leave feeling:

- Relaxed and regulated
- Clear, grounded, and restored
- Reconnected to your body and inner calm
- Supported in mind, body, and spirit