



House of Wellness ▶ 4 Springville Rd, Hampton Bays, NY 11946

A Pathway to Healing Trauma— in body and mind

Sunday June 25
12:30-2:30pm

TO RESERVE YOUR SEAT TODAY:

Call: 631-566-8816 or book online: houseofwellnessny.com or email: kara@karayoga.com

\$55 pre-registered, \$65 day of event

Kathleen Hendrickson and Joan Ranieri-Certain provide a safe confidential place for conversation to share what are often deeply embedded traumatic events. Combining Reiki, guided meditation and current practices for transformative healing, they offer tools to gently relax, process, and release the story of pain that you hold.

Awareness allows each of us to rewrite our stories with deeper understanding and acceptance. Each time a trigger occurs in our day-to-day life our autonomic nervous system switches into fight/flight mode, creating inner stress from our learned and often unconscious patterns of response. Our heart closes in self-defense.

In a safe and confidential setting, you will experience ways to reframe and release these patterns and re-open your beautiful heart.



Kathleen Hendrickson, M.A.
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