

Clear Day

a day of healing and awakening

**Come join us and deepen your healing experience,
learn new strategies for your well-being
and have fun too!**

This unique day of healing includes 2 Network Spinal sessions, meditation, restorative yoga, and somato respiratory integration. A healthy, homemade organic lunch will be provided.

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- 9 – 10am First Network Session
 - 10 – 11am Guided Meditation
 - 11 – noon Restorative Yoga
 - 12 – 1pm Lunch
 - 1 – 2pm Somato Respiratory Integration
 - 2 – 3pm Second Network Session

Cost: \$300

If you have any questions or would like to register
please call or text Dr. Annie at 508.233.0221

3 Byron Road, Natick, MA



Studio NE
YOGA & MEDITATION