

Wellness Toolkit Workshop Series

Learning is good for the soul -- and overall wellness. Inner Spa's FREE Wellness Toolkit Workshop series is designed to give you fresh ideas to add to your quest for wellness.

Join us for one, two, or all five...
Reservations required.

Monday, May 1, 2017, 6:30pm
McCaffrey's Market, Yardley

Kick the Sugar Habit

We are surrounded by sugar, but all that sweet stuff is not so sweet for our bodies. Kicking the sugar habit can have positive effects on promoting health, and it's easier than you may think!

Friday, May 5, 2017, 6:30pm
Inner Spa, Newtown

C'mon! Get Happy Hour

Let your soul shine. Learn practical, simple tips and techniques to blend relaxation and joy into your everyday living.

Monday, May 8, 2017, 6:30pm
McCaffrey's Market, Yardley

Digestive Health Basics

Digestive health goes beyond occasional tummy trouble; it affects many systems in the body, including the immune system. Learn the basics about the digestive system and ways to keep it healthy. Includes a brief description of colon hydrotherapy and its role in gut health.

Monday, May 15, 2017, 6:30pm
McCaffrey's Market, Yardley

Mental Detox: Moving Beyond Affirmations

We have thousands of thoughts each day. Which ones are driving your wellness? If you are stuck in old patterns, you may need a mental detox. Learn how to move beyond limiting beliefs and harness the power of thoughts that support a foundation of wellbeing.

Monday, May 22, 2017, 6:30pm
McCaffrey's Market, Yardley

Medicine Cabinet Makeover

What's in your medicine cabinet? It's quite possibly filled with products created with chemicals, dyes, and preservatives. Using essential oils and a few basic, clean ingredients, you can make all-natural remedies to soothe and relieve a host of common ailments.



To reserve your seat, please
call 215-968-9000

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