



Tranquil Minds ♦ Healing Hearts

*Mind ♦ Body ♦ Breath
Healing Sessions for Every Body*

Come celebrate the transition from Spring to Summer and experience a relaxing, peaceful atmosphere with a combination of gentle Meridian Yoga, Reiki and Meditation to promote self-healing, balance and relaxation.

Date: Tuesday May 24th

Time: 6:30-8 pm

Investment: \$35.00

***Location: Heart and Soul Holistic Healing Center
66 Washington St, No. Easton, MA 02356***

Join Meridian Yoga instructor Ellen Cosgrove-Cuneo, Holy Fire Reiki Master Trish Higgins, and Meditation Specialist Dinny Coleman for an innovative program for your health!

Benefits include:

- ***Muscle tension release and relief***
- ***Improved ease of movement of joints***
- ***Enhanced immune system function***
- ***Reduction in the experience of pain***
- ***Lowered blood pressure***
- ***Increased energy***
- ***Enhanced emotional well-being***
- ***Clarity of mind and sense of calm***

***To register contact: Barbara Strassman • solewoman9@gmail.com
781-784-1955 • www.heartandsoulholistic.com***

ABOUT US



Meditation is the systematic practice of balancing the nervous system through the use of breath. It involves sitting and allowing an inner attention that is quiet, concentrated and restful, reducing symptoms of stress and increasing vital energy. Dinny Coleman, M.S., OT/L, CMS-1 is a licensed Occupational Therapist, and nationally certified Meditation Specialist through the Center for Meditation Science. An accomplished educator and health care professional, mediation and yoga practitioner, Dinny brings over 30 years of experience working with adults, children and families to her meditation specialist practice. Her varied experiences in health care, education and community-based settings has provided her with a broad understanding of the complexities of supporting others on the journey toward health and well-being.



Reiki is a hands-on healing art that balances life force energy, which promotes self-healing and harmony in the mind, body and spirit. Trish Higgins is a Usui Holy Fire Reiki Master and is currently enrolled in a certificate program for Complementary and Alternative Medicine. Trish's journey towards the healing arts began 15 years ago when she was confronted with a dear friend's life threatening illness. This led to her taking a serious look at how health and well-being is dependent on lifestyle and she made a personal commitment to a more conscientious, mindful way of life. Trish was drawn to the practice of Reiki and its natural and safe way to heal our bodies and minds. This "life force energy" is beneficial for everyone and can be effective healing method in conjunction with any other therapeutic treatment.



Yoga is the practice of yoking or uniting the mind, body and breath through sequences of postures created to increase flexibility, strength and vitality through concentration and breath awareness. Ellen Cosgrove-Cuneo is a certified 200 hr+ Registered Yoga Teacher (RYT) through Revelation Yoga and Yoga Alliance. Additionally she is certified in Meridian and Children's Yoga. During the 15 years that Ellen has been practicing yoga, she has transformed her life physically, emotionally and spiritually. She is profoundly humbled by what yoga has done for her and finds great joy in teaching and sharing the healing power of yoga with others. Under Ellen's guidance, students will breathe better, feel fitter and stronger and become more focused, peaceful and calm.