

inside **OUT** WELLNESS

INSIDE OUT WELLNESS, Madison's Holistic Health and Fitness resource is pleased to be hosting a One-Day workshop in

HEALING WITH CRYSTALS

THURSDAY, FEBRUARY 16 from **6:30 - 9^{PM}** at **811 WILLY ST.**

Hosted by Matt D'Amour : Facilitated by Diane Bloom
Holistic Health Practitioner : Founder and co-teacher of Free Spirit
Owner, Inside Out Wellness : School of Integrated Energy Healing

Learn the fine art of healing with crystals and stones in this comprehensive, entertaining and fun class.

YOU WILL LEARN AND PRACTICE:

- The Rules of Thumb for Crystal Healing
- How to Clear and Clean Crystals and Stones
- The properties of almost 50 stones
- Chakras and Stones
- How to use crystals for healing

This is the first class in a series for Level 1 Crystal Healing Certification through Free Spirit Crystals.

ABOUT DIANE BLOOM

Diane teaches Reiki and basics of energy healing at the Milwaukee School of Massage. She is a Reiki Master Teacher, a Light Body graduate, Numerologist and has her own healing practice. Diane presents workshops and lectures on healing with stones and energy healing throughout the country.

Questions regarding registration or workshop logistics, call Matt D'Amour at 608.577.8805 or

Specific questions about Free Spirit Crystal Healing, Call Diane Bloom at 262.790.0748

Cost of the workshop is \$45 if paid before 1/31/12. \$50 after.

Payment can be made by check or credit card. Send payment to Inside Out Wellness: P.O. Box 55012, Madison, WI 53705.

There is street parking available in front of the building and on side streets. Please enter through the back door.

www.MyInsideOutWellness.com