



## **YWCA Winter Workshop Series with Lotus Healing, LLC**

### **Announcement for All Three Workshops**

We're excited to announce a three-part winter workshop series at YWCA Greater Green Bay with Dr. Ashley Anne, owner of Lotus Healing, LLC. As a neurocounselor, Dr. Anne has helped hundreds of people be well. Her unique approach involves integrating the entire human system – mind, body, relationships, and energy – for efficient, effective health and wellness for everyone.

She designed this three-part series specifically for the YWCA Greater Green Bay. Over the course of three Saturday mornings, she'll walk you through a transformative healing experience that evolves from simple practices for healing yourself to transformative action you can take to heal your families and community.

Dr. Anne is first and foremost a teacher, so you'll leave each workshop with knowledge that's easy-to-apply to your daily life. Because she's also a dōTERRA® Wellness Advocate and certified yoga instructor, she has incorporated specific practices with essential oils and yoga into each workshop. We'll move around for each workshop, so be sure to dress casually and comfortably.

During the workshops, each participant will receive:

- A Lotus Healing packet filled with healing practices
- An essential oil blend customized for each workshop
- A coupon for discounted one-on-one coaching service with Dr. Ashley Anne

Although the workshops are designed to be taken together, don't worry if you can't attend them all. Each workshop builds on the previous one, but they're also designed to stand alone.

We hope you can join us for this transformative experience!

### **Saturday, February 2, 8am – 12pm: Feel to Heal™: Practical Healing for Practical People**

In this workshop, Dr. Ashley Anne will walk you through a comprehensive experience of healing your mind, body, relationships, and energy. The day will start with moving meditation, ease into practical education in healing and essential oils, and end with a chair yoga practice designed for all levels.

### **Saturday, March 2, 8am – 12pm: You Do You: How Being Yourself Keeps You Well**

During this workshop, you'll learn why alignment between our internal and external worlds is key to staying healthy and whole. We'll discuss what can prevent us from being our authentic selves and how this can show up as disease and disorder. We'll end the day with a mini essential oils class followed by a simple restorative yoga practice (with comfy yoga pillows!) designed to align your entire self.



**Saturday, April 6, 8am – 12pm: Tier 3: Heal You, Heal Two: The Art and Science of Healing Your Community**

In this session, you'll learn the art and science of contagious healing. Dr. Anne will introduce you to the "social brain" and provide evidence that we are, in fact, all connected, and she'll teach you how to transfer your own healing to your family and community. Meditation, essential oils, and sound will be incorporated throughout the workshop to give you practical tools to implement into your daily life.

**Individual Workshop Summaries**

**Saturday, February 2, 8am – 12pm: Feel to Heal™: Practical Healing for Practical People**

Feel to Heal™: Practical Healing for Practical People is a workshop you don't want to miss! Dr. Ashley Anne, owner of Lotus Healing, LLC, will walk you through a comprehensive experience of healing your mind, body, relationships, and energy. You'll leave this workshop with practical ways to bring healing into your everyday. The day will start with moving meditation, ease into practical education in healing and essential oils, and end with a chair yoga practice designed for all levels. Be sure to dress comfortably - it will be a very relaxing yet informative day.

Each participant will receive:

- A Lotus Healing packet filled with healing practices
- An essential oil blend made by you
- A coupon for discounted one-on-one coaching service with Dr. Ashley Anne

**Saturday, March 2, 8am – 12pm: You Do You: How Being Yourself Keeps You Well**

You Do You: How Being Yourself Keeps You Well is part two of a three-part healing workshop series from Dr. Ashley Anne, owner of Lotus Healing, LLC. Don't worry if you missed the first one, you can still benefit! During this workshop, you'll learn why alignment between our internal and external worlds is key to staying healthy and whole. The day will begin with moving meditation designed to heighten your awareness of your internal thoughts, feelings, and desires. We'll then discuss what can prevent us from being our authentic selves and how this can show up as disease and disorder. We'll end the day with a mini essential oils class followed by a simple restorative yoga practice (with comfy yoga pillows!) designed to align your entire self.

Each participant will receive:

- A Lotus Healing packet with educational information and practices from the workshop
- An essential oil designed to cultivate alignment and authenticity
- A coupon for discounted one-on-one coaching services with Dr. Ashley Anne

**Saturday, April 6, 8am – 12pm: Tier 3: Heal You, Heal Two: The Art and Science of Healing Your Community**



Heal You, Heal Two is the final workshop in a three-part series from Dr. Ashley Anne, owner of Lotus Healing, LLC. Even if you missed the first two sessions, you can still absorb all the wonders of this workshop. In this session, you'll learn the art and science of contagious healing. Dr. Anne will introduce you to the "social brain" and provide evidence that we are, in fact, all connected, and she'll teach you how to transfer your own healing to your family and community. We'll move during this transformative workshop, so dress casually and comfortably.

Each participant will receive:

- A Lotus Healing packet with educational information and practices from the workshop
- An essential oil designed to grow community
- A coupon for discounted one-on-one coaching services with Dr. Ashley Anne