



ANNOUNCING ...

TEEN MEDITATION & WORKSHOPS

*With Diane M. Renna, RMT/Author/Owner ~
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Earth Day Power of Positive Affirmations

Date & Time TBD - \$20

Power of Surrender & Release

Date & Time TBD - \$20

Come learn how to quiet your mind and center with simple techniques to help you de-stress. Diane understands the demands teens have these days and wants to give them the tools and strategies to help them navigate through this often demanding and over-stimulating world. Teens will socialize and connect with like-minded teens whom are interested to learn positive ways to tap into their true potential and recognition of who they are.

Workshop Descriptions:

Power of Positive Affirmations

Positive affirmations are positive sentences that help us see and love ourselves in a new light. By repeating positive affirmations about things we would like to manifest in our lives daily, we reinforce our loving connection with God, our inner-selves, family and friends, and what this entire beautiful world has to offer us.

** Meditation, Topic Discussion, & Painting a Birdhouse Project*

Power of Surrender and Release

Surrendering and releasing past hurts and emotions that we keep bottled up inside of us can be a healing experience. Surrendering, or letting go of, circumstances that upset, hurt, worry or confuse you can liberate your soul. When you do so, you will immediately *feel* the peace it creates in your life.

** Meditation, Topic Discussion, & Painting a Wind Chime Project*