



Massage | Skin Care | Yoga



## WOMEN'S WELLNESS WEEK

**Saturday, July 18 – Friday, July 24**

*“Balance your Life”*

**FREE  
WORKSHOPS  
AND DEMOS**

### **SATURDAY, JULY 18**

1:00-2:00pm **Reiki for Balancing and Harmonizing - Tara Howell**

Experience deep relaxation throughout the body. Learn a few techniques you can do for yourself when stressed.

### **SUNDAY, JULY 19**

12:00-1:00pm **Ayurvedic Diet - Kimberly Kubicke**

Learn dietary guidelines that promote balance for each unique body type.

### **MONDAY, JULY 20**

11:30am-12:30pm **Ionic Foot Detox - Gee Ranade**

See a demo on how the body rids toxins using an Ionic Foot Detox system.

7:30-8:30pm **Yoga Nidra - Alex Nairanovski**

Achieve divine sleep. Experience deep peace that has been always inside you. All you have to do is lie down & listen to give yourself permission to rest, balance and restore. Alex will guide you to a peaceful sleep.

### **TUESDAY, JULY 21**

11:30am-12:30pm **Reflexology - Jeanine Caputo**

Learn to use pressure points that reflex areas that reflect an image of the body through your feet and hands.

## WEDNESDAY, JULY 22

### 1:00-2:00pm Kundalini Yoga - Anya Castellano

Learn where Kundalini yoga comes from and how you will benefit from it. Practice a Kundalini meditation to balance the mind.

## THURSDAY, JULY 23

### 7:30-8:30pm The Thyroid, Adrenal, Hormone Connection - Dr. Nicole Rivera

In the epidemic of fatigue, stress, and feeling hormonally 'off', we want answers as to *Why* and *What* we can do about it. Learn how stress, the decline of sex drive, fatigue, and the thyroid are all connected and how you can heal naturally.

Dr. Rivera practices at Integrative Wellness Group  
800 Main Street #109 Belmar, NJ | 732.359.8263



## FRIDAY, JULY 24

### 9:30-10:30am Customizing Homemade Products - Andrea Neubart

Learn to design home-use products specifically for your own face and body. Get expert answers to your questions on how to best protect and treat your skin.

### SPACE IS LIMITED!

Reserve your space by calling or going online

732.361.8956

[www.kurstudios.com](http://www.kurstudios.com)

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