

SATURDAY

1/28/23

9:00 AM TO 5:00 PM

VITALITY DAY

A day for you!



Benefit from a day of Holistic Health Care; a day to help you feel good inside and out, revitalize yourself, and to give you the energy and clarity to have an amazing 2023

RECEIVE

- Energy Activation
- Body Balancing sessions
- Movement exercises
- Healing modalities for Detox
- Coaching to transform bad habits

COST

Early bird before Dec 24 \$ 325 individual / \$555 couple
After Dec 25 - \$375 individual /\$645 for couples

WHAT TO BRING

- Comfortable clothes
- Water bottle
- Towel

CALL OR EMAIL

949-441-7755

theteam@scvitalitycenter.com

to claim your spot!

WHY PARTICIPATE IN A VITALITY DAY?

A Vitality Day is a day of personal growth and healing, to reorganize yourself at a deeper level of well-being. This day is designed to help you connect to your inner wisdom, learn new strategies for adapting to the world, and to help you achieve new levels of Vitality. You will feel empowered, your challenges will shift as your body and energy are revitalized. Learn to live the moment and tap into positive transformation.

WHAT THE DAY INCLUDES:

- 8:30 am Check-in
- 9:00 am Introductory meeting
- 2 healing sessions - Energy activation and reorganizational healing
- Movement exercises and integration
- Lunch
- Healing modalities for detox and cellular regeneration
- Breathwork
- Coaching to transform bad habits
- And some surprises
- 5 pm Closing

Reserve quickly as spots are limited