

Hi Folks,

Welcome to Spring and Summer.

Now that the warm weather is here, and we can finally wear shorts and T-Shirts and as we stretch after a long winter we begin to enjoy the sunshine, green grass and flowers. Ahhhhhh we start to come alive again.

I wish everyone a fantastic season and remember to smile.

Please pass this along to anyone who you feel would appreciate receiving it.

Please find attached below a list of the up and coming classes for June and July along with an attached application form.

The Reiki Practitioner and Foot Reflexology are approved by the Cosmetology Association for CEU credits.

<p style="text-align: center;">REIKI or FOOT RELEXOLOGY SESSIONS</p> <p style="text-align: center;">1hr \$30.00</p> <p style="text-align: center;">We are now offering the Ionic Foot Detox System</p> <p style="text-align: center;">1/2 hour Detox, 1/2 hour Foot Massage &amp; Reiki</p> <p style="text-align: center;">\$40.00</p> <p style="text-align: center;">See our information sheet</p>	<p style="text-align: center;">MIND BODY SPIRIT CANADA COURSES AND WORKSHOPS</p> <p style="text-align: center;">390 PARKLAND DRIVE HALIFAX, NOVA SCOTIA 902-423-1600 TOLL FREE: 1-866-563-5973</p> <p>To contact or register for a class /workshop or Private sessions please call the above numbers or email at <a href="mailto:mbscanada@eastlink.ca">mbscanada@eastlink.ca</a>.</p>
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