

New Earth Teens
July 24th, Friday
7-9pm

This group provides teens with the opportunity to come together in a safe, open and non-judgmental environment. The objective is to develop a solid foundation of our holistic (body, mind, spirit and emotions) selves. We learn the *importance and fun* of grounding, centering, and meditation techniques suited for a teens lifestyle. We also explore our *extra-senses* and how to use them wisely and with integrity.

This is a *fun, hands-on* time to explore *intuition development and greater self-awareness* through:

- dowsing rods
- energy games
- drumming/music/toning
- group discussion
- socializing with open-minded peers

***Special This Month:** Rosie Lee and her Crystal Bowls!!!

LOCATION: *Journey Center*, 3976 Durock Rd. Ste#105, Shingle Springs

COST: \$10 per session.

FACILITATOR: Mary Witt CCHT, Holistic Minister

CONTACT: *Mary Witt*: 916-730-3397,
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***Parents, feel free to contact me with any questions.*