

Inner Resources

Explore, Empower, Express, Enjoy, Engage

Space is limited. Please call or email to reserve your space.

Inner Resources Workshops

Is an experiential program designed to offer participants greater self-awareness. Each Class offers an opportunity to explore a deeper understanding of their own unique talents, gifts and strengths. Activities vary and often include meditation, acupuncture for self-care, creativity exercises, breath, drumming and more.

Lunch and Learn

Join us for an informal gathering over lunch. There is a short presentation while you have lunch and activities follow, including conversation, and question and answer. Meets most Fridays.

Morning Meditation

Join us weekly on Wednesday mornings. Choice of meditation varies with the week. Come explore guided meditation, drumming as a meditation, and other portals for meditation.

Community Opportunities

Well-being includes being part of a community. Circles offer an opportunity to connect with others socially while pursuing a shared interest in compassionate service or healing.

- Hearts and Hands Circle. Join us stitching for someone in need. Ask about our current service projects.
 - Reiki Circle – Join us for a social gathering for sharing Reiki healing with one another. Beginners are welcome.
-

Carol Wetherill, MTP, LMT, CCP

301-980-6725

cwetherill1@verizon.net

www.peaceways.us

