

NEWSFLASH

M A Y

JOIN US!

MAY 1, 8, 15, 22 & 29 Lymphedema Clinic w/Michelle * **Evening appointments now available!**

MAY 3 Healing Assessments - FREE!

MAY 4 NEW! Birth Chart Basics Astrology Readings w/Shayna \$50.

MAY 5 Yoga Nidra Class w/Liz

MAY 7 Sotai, Moxabustion & Adjunct Therapies Clinic w/Janet

MAY 10 Past Life Regression - Private Sessions w/Mike Scarpone

MAY 10 Astrology Consultations w/Patricia

MAY 10 Psychic & Mediumship Development Group w/Patricia

MAY 18 Reiki Training - Level 1 w/Liz

MAY 16 Spiritual Development Circle

MAY 18 Reiki I Small Group Training & Certification with Liz Phillips

MAY 19 Sound Bath - Small group healings with Liz Phillips

MAY 20 Thermography

MAY 21 & 28 Blended Tarot w/Andrea Michelle

We are committed to providing fun events, meet ups and gatherings. For some of our special events, circles and programs, we have a minimum enrollment as some of our practitioners drive long distances (Maine, Cape Cod, etc.).

We'd love for you to join as many events as you can make! Please enroll! The more up front commitments and participants we have, the better we can plan and run the class/programs!

We are honored and thrilled to offer quality events and have so much fun doing them. Cheers to more fun, peace and personal growth!



REIKI - LEVEL I

SMALL GROUP TRAINING & CERTIFICATION

Sunday, May 18

Usui Reiki - universal life force energy flows through all living things, and can be harnessed to promote healing and balance in body, mind, and spirit. Learn how to tap into your own abilities.

YOGA NIDRA

Monday: May 5

No Yoga involved! Often called Sleep Meditation. Intensely relaxing. Great to reduce stress and end your insomnia. \$25.

SOUND BATH

SMALL GROUP HEALINGS

Monday: May 19

Allow the sounds and vibrations of the bowls wash over you, promoting relaxation, healing and elimination of stress. \$25.



What is the difference between the Amethyst Biomat and Red Light Therapy?

Following the Science

Red Light:

- Operates at the end of the visible light spectrum (with the color red).
- Primarily benefits topical, aesthetic skin health.
- Provides a light, superficial low grade warmth, nothing deeply felt.
- Does not offer deep penetration into the body's systems.

BioMat®:

- Operates just next to the color red, in the Infrared part of the invisible light spectrum.
- Offers deep penetration, stimulating the circulatory and lymphatic systems.
- Provides profound benefits like detoxification, pain relief, and inflammation reduction.
- Has long-lasting effects compared to Red Light's superficial warmth.

The Biomat is offered as a low-cost stand alone therapy session at Good Life. It can be combined with other holistic healing modalities such as acupuncture, massage and reiki.

ASTROLOGY READINGS WITH SHAYNA

Birth Chart Basics

Beginner-friendly astrological birth chart readings, focused on helping you understand the core of who you are. We'll start with the Sun, Moon, and Rising signs—the foundation of your chart—and expand into the planets and houses in the simplest, most approachable way.

Every birth chart is completely unique, and so is every journey. These readings are designed for beginners, and I'm so excited to learn and grow alongside you as we explore what the stars have to say!

Readings are just \$50!

HEALING PATHWAY ASSESSMENTS

Free of Charge

If you have a chronic or acute medical or physical condition and need help forging a healing path forward - this event is for you.

We will meet with you and provide you with a FREE holistic healing assessment and recommended healing path so that you can finally begin moving forward in your healing journey. We understand how confusing it can be sorting out all the noise and recommendations out there. It's overwhelming. We all have only so much time and money - how to maximize resources and feel better is the key.

Every attendee will receive a FREE Richway Amethyst healing session to kick off your healing journey. Your time has come. You are not alone. We have decades of experience evaluating and treating people with holistic medicine. Let us help you.

