

SUMMER WELLNESS WORKSHOPS with Helen Garber

Monday afternoons at Clay Hill Farm

"During these times of physical, mental and emotional stress there are some very effective holistic treatments that can have some long-lasting effects. I look forward to the opportunity to share how taking care of oneself as a full-time job, can help create the optimum level of health and wellness. Healing is now more important than ever." – Helen Garber

Wellness • Joy • Empowerment – June 29th, 1-4_{pm}

Join transformational teacher and coach, Helen Garber, for an afternoon of wellness, joy and empowerment at Clay Hill Farm. This first presentation is an overview that will empower and educate all participants on how to manage stress and recover from long-term stress, build a healthy immune system, create more joy, and boost the quality of life naturally thru self-practices. The first in the summer wellness series, this presentation teaches powerful tools to create health and manage stress and is followed by a series of 3 workshops that will cover some basic self-care and wellness practices. In this presentation, Helen will discuss some of the most powerful holistic practices for stress management, balancing the body and mind, the history and fundamentals of reflexology, yoga, meditation, reiki energy healing and the use of natural plant-based products.

Reflexology & Aromatherapy for Self-Care – July 13th, 1-4_{pm}

This workshop will involve some group participation as you learn the basics for home reflexology treatments. In this workshop, Helen will teach the map of the feet and how to create better circulation, manage headaches, improve sleep and lower stress. Students will receive a take away map and will create their own all natural reflexology /aromatherapy foot lotion to take home.

- Bring a blanket to sit on.
- Wear loose comfortable bottoms, such as sweatpants or shorts.

Easy Yoga & Meditation for Daily Well-being – July 27th, 1-3:30_{pm}

Learn 5 easy yoga postures for daily well-being. In this workshop, participants will be instructed on how to start a yoga practice for beginners and how to implement a 10-minute meditation prior to practicing postures. Students will learn the 20-minute deep relaxation, Savasana, technique that is done after

postures, and taught walking meditation using the new garden labyrinth at Clay Hill Farm. The difference between Savasana and meditation, and their unique benefits in daily life, will be highlighted and discussed.

- Bring a yoga mat and a small blanket

Intro to Reiki Energy Healing – August 3rd, 1-3:30_{pm}

Learn about the history of Reiki and how to work with universal Life Force energy in this intuitive workshop.

Throughout the afternoon, each student will experience both hands-on and beaming Reiki within the energy circle created by Master teacher Helen. Students will learn about the three levels of Reiki during this workshop and will gain a deeper understanding through discussion in the question and answer period. Participants will leave energized and relaxed, with the option to sign-up for Level 1, 2 and master certification classes.

- Bring a blanket

Helen Garber is a certified reflexology practitioner, a Champissage practitioner, a certified yoga instructor, and a Reiki master teacher. A transformational teacher and healer, Helen has been a wellness coach and intuitive spiritual counselor since 1999. Helen has been featured on radio and in newspapers and was the creator and owner of two Massachusetts wellness centers; Head to Toe Yoga Studio of Wayland, and Ocean Zen Spa in Newburyport. She has helped countless adults, children and animals with her healing work and has taught and spoken all throughout New England.

Clay Hill Farm is a beautiful, award-winning restaurant and event venue on 11 private acres in Cape Neddick, Maine. The first restaurant in the country to be certified as a bird sanctuary and wildlife habitat, Clay Hill Farm shares a passion for the healing experience of natural beauty, community and the arts.

WORKSHOPS ARE \$40/pp or \$150/pp for the series

In the spirit of healing, workshop proceeds will go towards wellness causes & building scholarships for people in need.