

## Starting Sunday, March 19, 2023

4-5:30pm | Third Sunday of Every Month

Theracopia Therapeautic Wellness Center: 54 Central Street, Southborough, MA.

Ben Speaks is excited to offer this new monthly opportunity for healing from the loss of a child through a combination of yoga, deep meditation and Reiki healing.

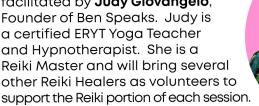
Be ready to be held, supported and loved by Reiki volunteers and led into a peaceful and powerful process through yoga and meditation to release grief from the body and mind and connecton a deeper level to spirit through meditation.

Cost: This program has been graciously paid for by sponsors

## What to bring:

- · A picture of your child you lost
- · A bottle of water
- · A yoga mat if you have one
- · A comforting blanket and pillow
- · Wear loose comfortable clothing

Yoga and Meditation will be facilitated by Judy Giovangelo, Founder of Ben Speaks. Judy is a certified ERYT Yoga Teacher and Hypnotherapist. She is a Reiki Master and will bring several other Reiki Healers as volunteers to



## Register for this program at benspeaks.org

Must pre-register as spots are limited. Please fill out a release form with your registration.



