With Rose Nowak & Paige Trisko

dream it, believe it, achieve it!

VISION

SATURDAY, DECEMBER 28th
4pm—8pm

BETTER LIVING MASSAGE CENTER
1017 U.S. 23 NORTH ALPENA

Space is limited, register early
989-356-2221

Join Rose and Paige in this 4 hour workshop to:

~ Relax with guided meditation and sound therapy to help discover your heartfelt desires

~ Set focused and intentional goals with “2020” clarity

~ Express yourself in a fun and creative way

Cost: $35...includes all supplies and one hour group meditation and intention setting session with Paige

Please bring snacks, favorite beverage, any images or quotes that may inspire you to create and manifest your goals in these areas of your life:
Career/Education, Relationships, Spiritual, Hobbies, Reputation, Finance, Health, Travel, Self Growth,

Rose Nowak LMT, Owner Better Living Massage Center & Spa.
betterlivingmassagecenterandspa.com

Paige Trisko RTY 500, trauma informed, owner Karmic Roots Yoga
karmicrootsyoga.com