



Bring a candle, yoga mat, pillows, and whatever else you need for comfort. Blankets and bolsters are provided. Wear comfy clothes for some movement.



Winter Solstice

Candlelight Celebration and Sound Healing Meditation

Wednesday 12.19.18

6:00-8:00 pm

Yoga Clarity
280 Pagosa St.,
Pagosa Springs, CO
yogaclaritypagosa.com

Investment: \$18 -cash or
check at the door
Space is limited

The winter solstice, the longest night of the year, is an honored and sacred time, a time to rest and reflect, to pause before calling out to the sun to bring back the light. It is a fertile time out of which new life, spiritual transformation, can emerge. Honor your potential for transformation on this special evening. A gong, crystal, and Tibetan bowls will support you in your journey inward. Join Rica Potenz and Margaret Burkesmith in releasing 2018 and celebrating new beginnings.

About Rica:

Rica Potenz is a Sound Healer, Reiki Master/Teacher, Dream Interpreter, musician and yogi. Her practice includes Sound Therapy, Reiki, Energy Healing, Chakra Balancing, Jin Shin Jyutsu, Neuro Integration, Dream Analysis, Belief Work, and CranioSacral Therapy. Her desire is to foster wholeness and assist others on their self-healing journey. She lives in Pagosa Springs and can be reached at potenzr@gmail.com or ricapotenz.com.

