



First Friday Healing Sanctuary

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Perspectives Holistic Wellness

You Are Invited

To An Evening of Meditation & Healing

Held on the 1st Friday of most months, except December

Sponsored by Perspectives Holistic Wellness, and held in the Fellowship Hall at
Emmanuel Episcopal Church
5181 Singleton Way, Virginia Beach 23464,

Please arrive & be seated before 7:30 pm, so we can begin promptly at 7:30.

We ask you to please wear white or light colored clothing if possible, to honor the sanctity of the healing

During the evening, we will be using a Healing Sanctuary/Hands-On Healing format of table sessions followed by grounding. We begin by opening the Sanctuary with a healing meditation, then our wonderful Volunteers will lovingly offer individual healing sessions for the attendees. The evening concludes with a World Healing Meditation to share our Love, Light & Healing with the whole of the world.

Our Healer Volunteers are highly experienced practitioners of a wide variety of Energy-Based Healing modalities and are specially trained to offer you the gentlest and most caring Healing Sanctuary experience possible.

Register to receive First Friday Healing Sanctuary reminders, updates & cancellations by email here:

<http://eepurl.com/zPMu9>

If you have no email, please check the online calendar, call or email to verify that there will be a Healing Sanctuary in a given month.

www.PerspectivesHolistic.com/FFHS.html

Phone: **(757) 932-5263**

e-mail: **FirstFriday@PerspectivesHolistic.com**



The evening is given in Love, and is completely free of charge. The Sanctuary is a non-denomination, interfaith, sacred event open to all people.

~ Never underestimate the Power of Love in your life or in the world... - L. C. Adrienne, PhD & the First Friday Healing Sanctuary Volunteers ~