



# Mindfulness and Spiritual Cleansing



Learn the following to clear and strengthen your mind and body:

Learn techniques to keep yourself cleansed  
Grounding

Learn to decipher if what you are experiencing is yours or not  
Clearing it out of your physical, spiritual and energetic body  
Enhance your energy to keep you protected  
Releasing what does not belong to you



Wednesday February 19<sup>th</sup> at 6:30pm

HealthSpring Chiropractic

5673 W. Las Positas Blvd, Ste 215, Pleasanton, CA 94588



RSVP to Mylinh Tran at

[tranquilityacupuncture@gmail.com](mailto:tranquilityacupuncture@gmail.com) or 408-831-1099

