



A day of body, mind and spirit healing

Friday, January 9th, noon -4pm

Saturday, January 10th 2009, 9am-1pm

Receive a healing massage with

Suzy Koehne

Suzy has had the pleasure of doing massage for the past 12 years. She has an eclectic background in the healing arts including Reiki, Swedish, Deep Tissue, aromatherapy, Reflexology, Thai and Intuitive Healing. She is honored to work in conjunction with the renowned Sheryl Blumenthal and looks forward to sharing her gift with you.

Hear your divinely guided message from

Sheryl Blumenthal

Sheryl has manifested powerful healing tools as a channel, facilitator and intuitive mentor who also works through the non-invasive, "pure science" gift known as "Seimei" (where pain and discomfort are relieved at the cellular level) she guides you towards your own inner goodness and purpose. Sheryl addresses seed core fears that have created blockages that have created pain and illness. With the emotional burdens freed you will return to your true inner joy, happiness, health, abundance and vitality naturally. LOVE is the light that allows healing and all of us are LIGHT.

You can access Sheryl's website at www.littleone.us

Private Sessions offered throughout the day

Half hour for \$75.00 or full hour for \$130.00

Any combination is available. Suggested to start with a half hour massage to allow yourself to relax and settle into stillness and then enjoy your guided uplifting message from Sheryl.

Hosted and sponsored by Sherri Mraz-Illes, RYT

Location being held at: 167 Stanie Brae Drive, Watchung

*To reserve your space, or for more information,
call Sherri at 908/642-3645 or email smraz@sherrisyoga.com*