



And



Stuart Life Coaching

IN THE CHILDREN'S HALOTHERAPY SALT ROOM

All classes are designed to provide a quiet therapeutic environment incorporate Creative Movement, Express Arts and Mindfulness Stress Reduction through movement, while experiencing the benefits of the Children's Halotherapy Salt Room and having fun!

CLASSES:

❖ *SPARKLY PRINCESS & PUPPETS*

Designed for Girls

Wednesday 9:30- 10:15 Ages 3 & 4

Wednesday 4:30 -5:15 Ages 4 & 5

❖ *DRAGONS, PIRATES & PUPPETS*

Designed for Boys

Wednesday 10:30- 11:15 Ages 3 & 4

Wednesday 3:30 – 4:15 Ages 4 & 5

Exploring the world through Imagination and Creativity on a weekly thematic magic ride where we discover exciting and new adventures while stimulating creativity, identifying feelings and just having fun! Upon landing, we create our very own special one of a kind puppet show while experiencing the

benefits of Halotherapy Salt Room. Hurry now and reserve your spot as there are only 6 seats on our magic carpet ride!

❖ **MY SPECIAL FRIEND AND ME!**

Come with us on a Creative Movement adventure as we invite our favorite stuffed (not REAL) animal to join us while we gently move our bodies to the music and props to assist in increasing body awareness, rhythmic coordination with the introduction of calming movement exercises that will also allow expression of feelings and self-expression while enjoying the positive benefits of the Halotherapy Children's Salt Room. Class size limited to 6 participants for a personalized adventure!

Monday 3:30 – 4:15 Ages 3 & 4

4:30- 5:15 Ages 5 & 6

Monday 5:30 – 6:30 Ages 7 & 8 (Different Props will be provided)

Lori Hickey has over 25 years' experience as a professional dancer, director, choreographer and mother. Among these different roles, she has intimately studied the integration of mind, body and performance strategies that have helped her become successful in the dance community. Lori has seen firsthand how the integration of movement and dance can access psychological processes including emotions that lead to personal growth, confidence and self-fulfillment. Salt of the Earth Salt Halotherapy and Spa was founded by owner Wanda Bessette as part of her own personal journey to educate people about the benefits of salt therapy. She was so impressed with her results that she opened Salt of the Earth Halotherapy and Spa to provide access to salt therapy in a tranquil, therapeutic environment.

Pricing: Monthly rate PRE-REGISTRATION REQUIRED

Class sizes are limited to 6 participants and is on a first come basis.

- **Non-Member = \$80.00**
 - **Drop in Rate = \$25.00 per session**
 - **Salt Member = 15% off**

 - **Customize classes are available**
 - **Customize Family and group sessions are available.**
 - **Private sessions**
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FOR MORE INFORMATION, please call:

Lori Hickey: (772) 446-5504

Salt of the Earth: (772) 266-9961