

Going Within

Connecting with Self Through Relaxing and Receiving

with Greg Vrona and Misty Williams

This healing workshop explores reconnecting with self through gentle bodywork by inducing a deep meditative state.



Going within is an effective and even necessary way to connect to the self on the journey of healing. Working with skilled practitioners can take that process to another level. Adding the element of a group of like-minded people with similar intentions can take things to an even higher, more magical, level.

Saturday, June 3rd, 1:00-5:00 PM

**Railyard Apothecary
270 Battery St, Burlington, VT**

LIMIT 6

\$130

Register today by visiting [VT Acupuncture & Massage](#)
Or email Misty at <mailto:misty@vtacumassage.com>

There will be a massage table for each participant.

Schedule

1:00-1:30: Welcome! Setting Intentions.

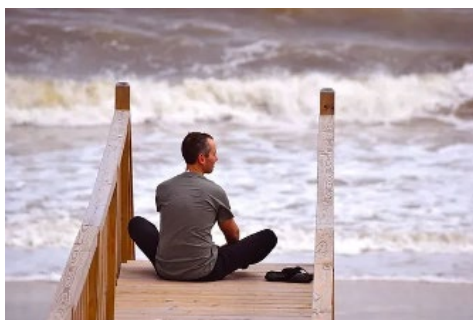
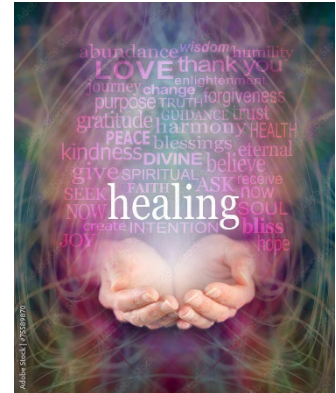
1:30-2:30: Session 1: Bodywork w/ Greg and Misty – participants will remain clothed while receiving Reiki and Zero Balancing. Greg and Misty will rotate from person to person as their intuition guides them.

2:30-3:15: Walking meditation from the space to the waterfront (weather permitting) or in the studio. Time for meditating (by the lake), integrating the bodywork, and snacking/rehydrating.

3:15-3:30: Sharing experiences with the group.

3:30-4:30: Session 2: Bodywork w/ Greg and Misty – allowing for a deeper dive into relaxing and connecting w/ self.

4:30-5:00: Sharing, integrating, and concluding our time together.



Greg Vrona

Greg is a licensed chiropractor with over 20 years of bodywork experience. He now specializes in gentle bodywork techniques including zero balancing, myofascial release, and craniosacral therapy. He is passionate about the role the mind and emotions play in our overall health and well-being. <https://www.alignmenthealing.net/>



Misty Williams

Misty is a Reiki Master, Massage Therapist, and graduate of the New England School of Acupuncture. She believes in holistic healing and the body-mind connection. With over a decade of experience, her passion is to facilitate and support your healing journey. <https://vtacumassage.com/>