

# *Women's Renewal*

## *Healing Massage in the Garden*

*Give yourself some of that precious time you  
so freely give to others.*

*Step into an oasis of love and acceptance  
for yourself.*

*Take the time.*

*Engage your own innate ability to be well.*

*As you breathe deeply and effortlessly, the sounds of soothing  
music, the scent of healing aromas, the feel of nurturing  
massage will allow your body to Let Go and Receive.*

*Before the session, we will stretch our bodies to melodic music  
and get ready to relax.*

*After, a cup of tea to send you on your way. Enjoy the healing  
power of the garden and*

*Let nature remind you of your Beauty.*

*Join RITA CARNEVALE L.M.T., NATURAL HEALING AND MOVEMENT Facilitator at  
Bishop Educational Gardens, 13200 Little Cola Rd. Rockbridge Ohio 43149 By  
appointment \$60. 740-385-8460 614-432-4681 Volunteer Discount \$40.*

*Gift Certificates Available*