

EQ-8 EMOTIONAL INTELLIGENCE SERIES

from **GRACELINE INSTITUTE** at the **BOSTON ATHLETIC CLUB**



JOIN SPIRITUAL TEACHERS
MICKAELA GRACE and **TERRY WALSH**
for a special on-going interactive series
 on **WELLNESS & EMOTIONAL**
INTELLIGENCE

ALL CLASSES SATURDAYS, 11-1 PM

Sept. 29, Oct. 20, Nov. 17,

Jan 12, Feb 9, March 9, April TBA, May 11

This 8-month series gathers once a month in 2-hour intensives that focus on one emotional theme at a time. The format includes:

Relatable life coaching and quantum physics teachings that occur while enjoying vinyasa flow or restorative yoga postures. (**Note: No yoga is required. Some participants may choose to lay down or take notes while receiving the teachings.*)

Beautiful and impactful partner work and guided meditations (that require no verbal exchange) to help participants shed old belief patterns, toxicity, stored emotion, or debilitating narratives.

Live music and medicine songs, energetic release work, hands-on adjustments with essential oils, and shamanic ceremony.

Spiritual tools, traditions, and direct-experience teachings to take back into your daily life in between sessions. Explore new ways to mitigate stress, negativity, emotionality, and conflict with simple meditation, movement, thought patterning, and energetic tools such as mantras, medicine songs, mind-mapping & brain re-entrainment, Qi Gong, and esoteric acupuncture techniques.

	for members	for non-members
Single Session	\$60	\$70
Full Series (8 sessions)	\$400	\$500

Choose *classes & courses* then *enroll in a new class* to be directed to the EQ-8 offerings.

non-members

Please enroll by calling the Boston Athletic Club front desk with contact + billing info at 617-269-4300

To enroll in the entire series, email amanda@bostonathleticclub.com