

# Break the Reigns



**of Holiday**

Join us for Stress Elimination  
and Deep Relaxation methods

guided by our meditation teacher / certified  
hypnotherapist Mona Lee...



**\$7 Drop-in/\$5 for Members**

**\*Mark these special dates\***

**MONTH OF DECEMBER EVERY SATURDAY 2:30-3:30 PM**

**For questions call MONA 843.455-4321 or see you there!**

**The Market Common. 3080 DeVillle St, MB, SC 29577**