

*Book any service for yourself and your daughter or  
mother between April 26 and May 10 and receive  
20% off your services!  
Gift Certificates available.*



## Mothers and Daughters

Join us April 26th  
through May 10th...

### We're Celebrating YOU!

*Join our Relaxation and Wellness Experts for an  
inspirational and eclectic celebration of Mother's Day.  
Play and learn during our series of informal workshops  
designed to bring us closer in wellness and spirit.*

Everyday Zen

Relaxation Studio

3740 Atlantic Ave., Studio #201, Long Beach, CA 90807  
Ph: 562.424.2444 • [www.EverydayZenRelaxationStudio.com](http://www.EverydayZenRelaxationStudio.com)

# Everyday Zen Relaxation Studio Celebrates Mothers and Daughters...

Sunday, April 26 through Sunday, May 10, 2009

Monday, April 27 • 5:30 p.m. to 7:00 p.m.

**Girl Talk: Tea and Beauty Rituals...** **Debbie Bernheim and Keicher Payne** explore how sharing the spa experience fosters healthy self-esteem. We'll examine traditional spa culture and come to understand why it is an invaluable ritual for developing and nurturing a healthy self-image in women and girls. The emphasis will be on creating a new set of rituals around skin and body care. Participants will treat one another to mini-facials and learn loving massage techniques guaranteed to open your eyes and hearts. A selection of artisanal teas and refreshments will be served. **Appropriate for mothers and daughters of ALL AGES.** Reservations Required. \$15/per person.

Tuesday, April 28 • 6:00 p.m. to 7:30 p.m.

**Healing the Mother-Daughter Connection with Sheri Zampelli** ~ Are memories or hurts from the past preventing you and your mother/daughter from connecting? Our bodies grow older but sometimes our minds are stuck in the past. This workshop helps you apply the healing methods of hypnotherapy and 'A Course in Miracles' to transform your relationship so you can let go of the past and ENJOY EACH OTHER AS YOU ARE NOW. Visit [www.icreatehabits.com](http://www.icreatehabits.com) for more information. **Appropriate for teens and adults.** RVSP. Love Donation.

Wednesday, April 29 • 5:30 p.m. to 7:30 p.m.

**Soothing Solutions for Mothers to Be...** **Tara Bangham and Keicher Payne** discuss getting your body, mind and spirit ready for conception and a successful, healthy pregnancy. Reiki, a Japanese hands-on healing technique, along with guided meditation and massage, can play an integral part. Discover the many benefits that these techniques offer expectant mothers and their babies as well as couples trying to conceive. Treatments received during pregnancy can help mom connect with the incoming soul, move through fears, lessen complications, ease discomfort and anxiety; and help to see birth as a spiritual event rather than a medical one. Visit [www.touchedbyreiki.net](http://www.touchedbyreiki.net) for more information. Registration Required. Mini Reiki Belly Treatments \$10. Complimentary massage, tea and appetizers.

Thursday, April 30 • 6:00 p.m. to 7:30 p.m.

**Financial Wellness: Balancing Your Family's Needs and Dreams...** **Steve Shields** explores the rituals families build around money and finances. During this complimentary workshop, we will discuss how financial values and behaviors are passed from generation to generation; how to get started with healthy family financial conversations; and how your family's financial dreams are connected. We will hold a drawing to give away a complimentary Massage Package to a lucky mother-daughter team. **Both parties must be present to win.** Appropriate for mothers and daughters of all ages. Refreshments will be served. Free workshop. RSVP.

Saturday, May 2

10:00 a.m. to 5:00 p.m. and

Sunday, May 3

10:00 a.m. to 5:00 p.m.

**Mothers and Daughters in Repose...** **Vangie Ogg and the Relaxation Experts of Everyday Zen Relaxation Studio** are teaming up to give you a day of pampering and photography. **Both mother and daughter will receive a**



Rejuvenation Package and our expert photographer will capture your best features. Rejuvenation Packages includes Face Mapping, a glowing facial treatment and a full body massage, guided meditation, Tea Service and a 5x7" commemorative photo. Check-out Vangie's work at [www.oggstudio.com](http://www.oggstudio.com) for a modern and fresh take on family photography. Choose The Big Princess Package (2-1/2 Hours) for \$135pp or The Little Princess Package (1-1/2 Hours) for \$95pp. **Appropriate for mothers and daughters of all ages.** Additional Services Available. Please call or email to book your time.

Monday, May 4 • 5:30 p.m. to 7:00 p.m.

**Healthy Together ~ A New Embrace of Exercise and Food...** **David Di Francesco** will share his thoughts of how women can build healthy and active bodies and lives together. Selected one of the Top 5 trainers in Southern California and co-author of three books, David will discuss how shared movement and finding a new and loving ritual around food can strengthen and heal the body and the bond between Mothers and Daughters. A list of activities and special food ideas will be shared for preschoolers, teenagers and adults. More information about David and his work can be found at [www.thebodyloft.biz](http://www.thebodyloft.biz). **Appropriate for mothers and daughters of all ages.** Free workshop. RSVP.

Tuesday, May 5 • 6:00 p.m. to 7:00 p.m.

**Revamping the Babyboomer Mom...** **Dr. Barbara James** discusses what current movements in cosmetic dentistry can help lead the Babyboomer Mom to improved career success, recharged personal relationships, improved health and a boosted self-image. 99% of Americans believe a smile is an important asset and 74% feel that an unattractive smile can hurt your chances for career success. This interactive workshop will include personalized tips to get you started on the road to an improved appearance. Free workshop. Refreshments will be served. RSVP.

Thursday, May 7 • 6:00 p.m. to 7:30 p.m.

**Strong Women, Powerful Financial Strategies...** **Steve Shields** shows you ways to manage your financial resources. During this complimentary seminar we'll explore why the rules of financial planning are different for women; how large a nest egg you may need for retirement; and how to identify your goals. We will hold a drawing to give away a complimentary Massage Package to a lucky mother-daughter team. **Both parties must be present to win.** Appropriate for mothers and daughters of all ages. Free workshop. Refreshments will be served. RSVP.

Friday, May 8 • 5:30 p.m. to 8:00 p.m.

**Healing Aura with Reiki...** **Tara Bangham presents Aura Magic** ~ Reiki is an ancient Japanese hands-on healing practice used to support and strengthen mind/body/spirit connections. During this informative evening, find out what Reiki is and how it can restore your spirit to wholeness. Special guest, **Aura Magic**, will be providing Aura Photography. Know and understand yourself better by seeing the energy your body radiates through a scientific biofeedback computer system. Appropriate for mothers and daughters of all ages. \$25 fee includes photograph, chart, Mini Reiki Head Treatments, tea and appetizers. Registration Required.

Reservations and appointments:

562.424.2444 or

[info@EverydayZenRelaxationStudio.com](mailto:info@EverydayZenRelaxationStudio.com)