

The Unitarian Church of Barnstable

For immediate release:

WELCOME TO WELLNESS!

WELLNESS DAY AT UCB Saturday, April 11, 2015

9am to 8pm

3330 Main Street, Route 6A, Barnstable Village

Offering a full day of activities including chair and floor yoga, inspirational engagement, T'ai Chi Chih, Chi Gong, meditation and other wellness opportunities

Wellness Day creator Bettina Ann Brown says "our mission is to awaken individuals on varied paths to wellness, offering experiences in a comfortable and social environment." Bettina, a respected yoga teacher here on the Cape , and a member of UCB, will be leading 3 of the offerings including sound meditation with crystal bowls.

Other event leaders include the Abbot of the Cape Cod Zen Center Jim Calvin, T'ai Chi Chih teacher and practitioner Bruce Childs, Inspirational Facilitator Cindy Barg , and Chi Gong teacher and practitioner Bart Main.

This spring tune-up for mind, body and soul will help support the Unitarian Church of Barnstable. A \$10 dollar donation is suggested for admission to each event. A \$50 donation includes all events and entry into a drawing for a 2 night stay at the Mountain View Grand Resort & Spa in Whitefield, NH.

The Wellness Day at UCB Marketplace will be open throughout the day with opportunities to learn about local wellness providers and to enter drawings for some of their services. Participants include Centerville Yoga and Wellness Center, Barefoot Bliss Reflexology, Sounding Still Wellness, The Spa at Sea Street, Sea Change Energy Healing, and Nirvana Coffee Company.

For more information: <http://www.barnstableuu.org/>

Contact: Bettina Ann Brown bettinasyoga@gmail.com 508.280.1399
<http://www.bettinayoga.com/>

Schedule listed below.

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EVENTS PROGRAM SCHEDULE Saturday, April 11, 2015

9am	BettinaYoga Floor	Warren Hall
11am	BettinaYoga Chair	Warren Hall
1pm	Journey to the Heart & The Path Toward Love with Cindy Barg	Warren Hall
2pm	Chi Gong with Bart Main	Sanctuary
3:15pm	T'ai Chi with Bruce Childs	Sanctuary
4pm	Zen Meditation with Jim Calvin	Warren Hall
7pm	Sound Meditation with crystal bowls with Bettina Ann Brown	Sanctuary

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