

# Your Water Ritual

ABDOMINAL  
THERAPY  
COLLECTIVE

Join Judith Brooks as she presents  
The Basics: Your Water Ritual

This Course Will Help You Learn a Simple Yet  
Powerful Ritual That You Can Perform in Your  
Home to Help Clear and Harmonize Your  
Energetic Body

[abdominaltherapycollective.com](http://abdominaltherapycollective.com)

## Course Includes:

- A Brief History on the Importance of Spiritual Bathing
- A Garden Walk to Identify Plants to be Used in Bathing
- Cleansing Your Auric Body
- Connecting With Your Plant Allies
- Creating Your Own Spiritual Bath and Lustral Bowl



Date: Saturday June 11, 2022

Class Hours: 9:30-5:30 pm

Location: Graham, North Carolina

Cost: \$125 which includes all materials.

For more information and to register, go to:

<https://www.eventbrite.com/e/the-basics-your-water-ritual-tickets-250183053247>

Call or Text Judith: 919-260-1430