

# 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

<https://abdominaltherapycollective.com>

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



Date: Saturday June 3, 2023

Class Hours: 9:30-5:30 pm

Location: Graham, North Carolina

Cost: \$125 includes all materials and lunch

To register and for more information, email:

[Jabrooksacupuncture@gmail.com](mailto:Jabrooksacupuncture@gmail.com)

Call Judith Brooks: 919-260-1430