

SDRC Gathering

Self Care Saturday

April 6th, 2019 - Unity San Diego



Yoga with Kat in the Sanctuary



Massage with Susi



Membership and Outreach with Kat and Joan

Thank You
All for your
Help!!!



YUMMMMMMM!! Thank you Jan & Maxine



Handwaxing with Anna



Dream Spa and Hand Wax



Divination for All



Hot Rocks and Serena's Reiki



Chi Machines

Thank you Rhete for adding your Chi Machine & Meditations to our array of light technology devices.



Relaxing Meditations



Thank you Anna for putting your expert skills to work!!



BEMER and BioMat

Unfortunately everyone was enjoying the Bowl Meditation and no one took a picture. Hahahahaha!!! It was definately nice!

