

SDRC Summer Offerings

August 2025



Aug 17th

Sunday 1:30 - 4pm

Vagus Nerve, Stress Release Workshop

La Mesa

Members \$40, Guests \$50

September 2025

Sept 13th

Saturday 2 - 5pm

Breathwork & Toning La Mesa

Members \$40, Guests \$50



**Contact: Kat Papike for more information and
registration. Kathysuepapike@yahoo.com**

Members: if you want to volunteer your Reiki skills...join us for

the Alzheimer's Walk in

Escondido at Kit Carson Park, Sept 20th

contact: Alexbackstage@yahoo.com