



Heart Centered Living Events



Call 607-656-5194 to register today! Some activities have limited seating

Professional Business Network, Thursday, Apr 2nd from 6-8 @ Polka Dots & Moonbeams

Do you own your own business? Join us each month as we learn what we can do cooperatively to build our businesses & find solutions to the problems facing our small businesses today.

Handpainted Ukranian Eggs or "Pysanky" w/ Susan Hammond, Saturday, Apr 4, 11-3 @ Polka Dots & Moonbeams

Pysanky, an ancient form of Folk Art, literally means "eggs that are written on" or message eggs. Learn how to create an egg with symbols & colors that are important to you & remind you of what you want to bring forth into your life

Coldbrook Farms product demonstration Saturday, Apr 18th 11-2 @ Polka Dots & Moonbeams

Coldbrook farms from Marathon will be on hand at the store with their hand made bath salts, lotions, room& linen mists, facial products & more.

Jewelry Making w/ Megan Harrington Wednesday, Apr 22nd 6-8 @ Polka Dots & Moonbeams

Ladies, this is your evening out. Learn how to make a beautiful earring & bracelet set. Dinner will be provided.

Kids in the Garden w/Tracy Langstaff, Saturday, Apr 25th 11-12:30 @ Polka Dots & Moonbeams

This program gets children involved in the wonders of growing things & gets them thinking about where their food comes from. Children will plant seeds & learn how to care for them.



Bloom Where you are Planted w/ Renee Guidelli Saturday, Apr 25th 1-2:30 @ Polka Dots & Moon beams

With spring right around the corner, Take the guesswork out of tending to your inner garden, Discover the hidden meaning in your name which could reveal more of your purpose. Learn how to pull up those pesky weeds. Prepare your soil & Bloom where you're planted.

Fairy Tea Party w/ Renee Guidelli, Sunday, April 26th 11-1 @ Polka Dots & Moonbeams

This fun, interactive afternoon is for kids & kids at heart. Learn what different types of fairies there are & how to work with each one to bring you insight, wisdom & joy. Bring an open mind, & most importantly an open heart to connect to these wonderful magical light beings. Fairy food will be provided.



Life Coaching Special for 1st time clients

\$5 off each 1-hour session during the month of April

- *Connect to your higher self
- *Find SOULutions
- *Awaken your Spirit
- *Visualize Greatness

Call 607-656-5194 for a free 20 minute phone consultation

Life is a journey, sometimes guidance is needed



"If you are ready to work at being the best you can be. Renee is the right person to call. With her lighthearted approach & non-judgmental manner, she has guided me to achieve two life long dreams. I now have the tools to keep going. The funny thing is, I never realized I was working." Thank you Renee" -Susan

Heart Centered Living

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"Sharing from the heart for your heart"

