

TAKE SOME "ME" TIME



# MOM'S DAY OUT

YOU DESERVE IT!

Take some time to rejuvenate your mind, body and spirit. Through the support of the Harriet P. Irsay Endowment Fund, Noble's **Center for Family Leadership** is hosting:

**Saturday, April 27<sup>th</sup>**

11 am - 2 pm

Noble East

7701 E. 21<sup>st</sup> St., Indianapolis 46219

**FREE!**

## Your Special Day Will Include:

- ✓ Free Childcare
- ✓ Lunch
- ✓ Yoga with Kim Holland
- ✓ Tibetan Healing Bowls
- ✓ Swag & More!

*Space is limited so please register by April 20<sup>th</sup>.*

presented by



**Noble**  
Dream it. Live it.™

## Tibetan Healing

Led by **Healing Sounds**, this is not just an auditory experience—it's like receiving a full body sound massage! Most people experience a state of deep relaxation. It's a pathway to meditation, without needing to know how to meditate. The sounds act as the focal point, reducing and eliminating mind chatter. The result is a release of deep-rooted tensions and emotional blocks. The goal is to emerge from the experience feeling lighter, more in balance, refreshed, and rejuvenated.

## RSVP

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Visit us at [mynoblelife.org](http://mynoblelife.org)

