

Katri will be giving a class for working on our feet on Thursday, December 29th from 2:30PM - 9:30PM.

The class, "**Zoning of the Buddha Within (and the importance of your feet)**" will be held at 178 Mill Creek Road, Livingston, MT (Han's and Katri's home and school) The cost is greatly reduced for Hearts Center friends at \$69 (of which 100% will go to the Hearts Center) \$35 for Seniors. Dinner will be served for \$7. Reservations required--Call Katri at 406-333-4216. Or let Sherrie know at Wellspring when you make your reservations.

This will be a great class--hope you can take advantage of the opportunity to learn this technique from Katri!