

May and June 2012

Meet your Spirit Guide

Date: May 14, 2012

Facilitator: Sandra Richardson, Beyond Belief Hypnotherapy

Time: 6:30pm

Cost: \$40.00

Sit back and relax. Using relaxation techniques and guided hypnosis connect with your spirit guide and retrieve a message or even a name. This is a relaxing evening where you can connect to the spirit realm in a safe and protected atmosphere.

Sandra will lead you through a group hypnosis, which will enable you to connect with one of your guides or deceased loved ones. This is a great introduction to your guide, but also to what hypnosis can do for you. If you have never been hypnotized or are curious, please come join us for a night of fun and discovery.

Make a Prayer or Talking Stick

Date: Part 1 May 18 – Part 2 May 25

Facilitator: Sandra Richardson, Beyond Belief Hypnotherapy

Time: 6:30pm

Cost: \$70.00

Come make a Prayer or Talking Stick. In ceremonial setting create one of these beautiful items. Learn what they are and how to use them. Supplies Provided.

Personal Energy ground and protection

Date May 19

Facilitator: Nicole Tunheim

Time: 11:00am – 4:00pm

Cost: \$75.00

If you are interested in learning about your personal energy or aura and how it affects you and others around you as how other peoples energy can affect you, this this is the class for you.

Within this class we will cover what personal energy is and introduce you to yours. What grounding energy means and the benefits of this skill. How to clear your personal energy and let of emotions and negativity that is not serving you or may not even be yours to carry. And finally how to protect your personal energy so you are not picking up on others emotional or negative energy.

Sound Healing Sessions

Date: May 19

Facilitator: Char Niemi

Time: 11:00-5:00pm

Cost: \$45.00

Experience the loving energy of Char as she helps you break down and release stuck energy by the use of sound. Crystal singing bowls, tuning forks, drums, rattles, and bells may fill your energy field with the vibrations that will move through resistance to soothing your soul.

Guided Visualization

Date: May 28

Facilitator: Cheryl Traxler

Time: 6:30

Cost: \$25.00

This is an evening with open discussion of the powerful feminine energy followed by a Guided Visualization to the Sacred Feminine. Ways to claim our sacredness and to connect with our deep wells of inner love and access our scared, profound feminine.

June 2012

Sacred Self

Facilitator: Cheryl Traxler

Date: June 9

Time: 11:00am – 4:00pm

Cost: \$45.00

Sound Healing Sessions

Facilitator: Char Niemi

Time: 11:00am – 5:00pm

Cost: \$45.00

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