



Creating a Harmonious Life

Next held on Monday, July 29th from 5:30 p.m. - 7:30 p.m.
at The Enlightened Mind

During this time of consciousness, we are constantly faced with negative media, negative people, and often negative thoughts.

As we walk through our day, we take on this energy which can block us and hold us in negative patterns impeding our lives emotionally, mentally and physically.

In this workshop, I will help you clear the energy thus allowing your focus to shift and open the space for harmony, wellness, trust and confidence.

You will leave this workshop having discovered exercises that will help you lead a more harmonious life.

Attendance is limited to 20 people.

Cost is \$50.00 per person.

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