

## Meditation & Healing Groups

*No ongoing commitment is required for these regular groups... attend regularly or just occasionally.  
Please contact me for further details.*



### Spiritual Growth Circle

These ongoing sessions focus on spiritual & intuitive development, healing body & aura, clearing & release, and co-creative processes, with the overall intention of self-exploration and personal expansion.

Provides an opportunity for you to:

- ... connect with your deeper self & soul on a regular basis
- ... identify areas for change and make change
- ... learn techniques & processes for healing, balance and manifestation
- ... develop your intuitive channels & skills
- ... develop a practical relationship with your spiritual supporters (angels, ascended masters, spirit guides, etc)
- ... learn more about your energy system and the management of energy
- ... share your spiritual growth journey with like-minded people, for feedback and validation

Sessions incorporate meditation with a variety of other activities, including energy healing processes, co-creative 'games', spiritual ceremony, intuitive practice, information & discussion, journaling, and creative drawing.

#### **Fortnightly 2hr sessions in Blackwood ... \$20**

Sunday 5pm-7pm ... from Mar 4 to Dec 9



### Seniors Health Group

Especially for the elderly, these ongoing sessions focus on physical health improvement, stress reduction, increasing immunity, lifting mood and creating positive life perceptions.

Provides an opportunity for you to:

- ... connect with your body & health on a regular basis
- ... gain new perspectives & insights & information about your health issues
- ... identify areas for change and make change
- ... learn techniques & processes for health and balance
- ... increase feelings of vitality and optimism
- ... manage chronic health issues more effectively
- ... connect with like-minded people

Sessions incorporate meditation with a variety of other activities, including body movement exercises, self-healing techniques, and some discussion & advice about health issues.

#### **Fortnightly 1hr sessions in Blackwood ... \$10**

Monday 6pm-7pm ... from Mar 5 to Dec 10



### Host-at-Home Meditations

You may like to have a guided meditation journey in your home, with your own group of family or friends, or arrange a creative session for a group of children.

**Regular Sessions...** monthly, or less frequently

**Special-Purpose Sessions...** one-off guided meditation sessions tailored to suit your needs... eg. a journey of celebration and gratitude with a special gathering of friends, or a group healing meditation for a sick loved one, or a meditation to connect with the angels for support and guidance