



Planting your seeds for personal growth and empowerment...

## Classes Offered

### Usui Reiki

Level I, II and Master Level

### Shamballa Multidimensional Healing

Level I, II, III and Master Level

### Meditation

Ongoing meditation classes available focusing on relaxation, healing personal growth and connecting with your own inner guidance system

Classes are held in Pelham, Ontario

## Workshops Offered

### Crystal Healing

An introduction to the science and mystery behind crystals, their healing properties and how to use them to assist you in your life

### Personal Empowerment

This is a three part course beginning with navigating from within (The Self).

Part 1; Taking a look at your internal construct and releasing old patterns that no longer serve you and replacing them with new ideals that serve your higher purpose.

Part 2; Opening to allow and receive that which you would like to bring into your life

Part 3; Getting past the Ego and manifesting from a Soul level

Manifesting through creating a vision board with pure intention

-When you change the way you look at things, the things you look at change-Wayne Dyer

