



# Sacred Seeds



**A safe space for spiritually gifted and curious children to grow together in light.**

Sacred Seeds is a nurturing , uplifting space created by Psychic Medium Cass for spiritually gifted, curious and enlightened children. This workshop is for them to explore, grow, and embrace their inner light.

These ongoing workshops are designed to support children as they discover their unique gifts, connect with their spirit team/higher power, learn valuable tools for grounding, intuition, and empowerment. Sacred Seeds also brings parents together, offering opportunities for connection, encouragement, and shared experiences. Workshops will be approximately every 6 weeks. Spots limited to 11 seats per each age group/each session.

Workshops will be held at Life Dimensions in Council Bluffs, IA.

Please enter through yoga side.

**Book @ [psychicmediumcass.com](http://psychicmediumcass.com)**

## **Soul Sprouts (ages 8–12)**

Soul Sprouts provides hands-on activities and gentle guidance to help kids build confidence in their inner wisdom while forming friendships with like-minded peers.

- Developing awareness of energy and intuition
- Grounding and mindfulness practices
- Simple spiritual tools and exercises

## **Soul Blossoms (ages 13–17)**

Soul Blossoms workshops give teens the opportunity to explore spirituality in a safe, grounded, and inspiring community.

- Strengthening intuition and spiritual connection
- Meditation, mindfulness, and self-expression practices
- Building supportive friendships with peers who understand their path

**Saturday 10/18/25 10am-Sprouts**

**Saturday 10/18/25 Noon-Blossoms**

**Saturday 12/6/25 10am-Sprouts**

**Saturday 12/6/25 Noon-Blossoms**



**\$22.22  
per child/  
workshop**

**Sacred Seeds is more than a workshop-it's a community of light, growth, and connection. Whether your child is just beginning their journey or stepping more fully into their gifts, Sacred Seeds offers guidance, encouragement, and a place to belong.**