

# 2024 Workshop Schedule

## 1. The Lighter Side of Meditation

Saturday April 27<sup>th</sup>

Senses, colors, and numerology, are some of the ways we can open to higher energies and expand our abilities. Sometimes we need the sense of lightness or play. It is one approach to development. Being too serious can actually slow us down.

4/27/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00

## 2. Religion and/or Spiritual Growth

Saturday, May 25<sup>th</sup>

Religious growth is a more left brain, structured, traditional, corporate approach to God. Spiritual Growth is more right brain, spirited, free form, and personal. We will explore having some of each in our lives. This can enrich and give greater meaning to our journeys.

5/25/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00

## 3. Meditation Instruction: for those who wish to teach meditation or wish to expand their own practice.

Monday-Wednesday, June 10<sup>th</sup> -12<sup>th</sup>

Included in this class are various types of meditation, development of psychic abilities, relating to God and the Divine in deeper ways, meditation aids and working with symbols. Information on writing meditation, and designing classes is included.

6/10/24-6/12/24, 9:30 am-3:30 pm  
Advanced Registration: \$200.00  
Registration: \$225.00

# 2024 Workshop Schedule

## 4. Working with Types of Prana

Saturday, June 29<sup>th</sup>

Prana is a spiritual energy that we use in various forms, including colors, chi, tumo, the sun's energy, and others. It is necessary to our health and development. We will explore how one can refine and increase the use of these various forms.

6/29/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00

## 5. Power of Consciousness

Monday -Wednesday, July 15<sup>th</sup>- 17<sup>th</sup>

There are many levels of consciousness available to us, of which we may not be aware. This class helps us open to other levels and make them a part of our daily lives. This year's class deals with new energies available, planetary shifts, higher problem solving areas, closer ties to the Divine, and experiencing greater awareness and oneness with other energies.

**This class will start at 8:45 am on Monday, so we can meditate on Mars being conjunct Uranus at 9:05 am. This will be great for experiencing the power of consciousness. Those persons not wishing to participate in this, may arrive at the regular beginning time of 9:30am. The other days will start at 9:30 am.**

7/15/24- 7/17/24, 9:30 am-3:30 pm  
Advanced Registration: \$200.00  
Registration: \$225.00

## 6. Development of our Mental Abilities

Monday-Wednesday, August 12<sup>th</sup> – 14<sup>th</sup>

The astrological changes are bringing us new energies for developing our brains and mental abilities. This workshop works with those energies. It also includes developing a stronger memory through the sense of smell. A strong memory helps overall brain function. Essential oils such as rose, blue lotus, patchouli and others will be used. The meditation can help us open to more productive and creative possibilities as well as greater awareness.

8/12/24 – 8/14/24, 9:30 am-3:30 pm  
Advanced Registration: \$200.00  
Registration: \$225.00

# 2024 Workshop Schedule

## 7. Ancestors & Past Lives

Saturday, August 31<sup>st</sup>

We inherit much from our ancestors and also bring a lot with us from our past lives. We will explore some of the tendencies, karmas, desires from both areas. We will also look at what we are sending out to our futures.

8/31/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00

## 8. Development Through Heart, Emotions, Feminine & Masculine Energies

Monday-Wednesday, September 9<sup>th</sup> – 11<sup>th</sup>

Opening these areas helps us develop in both mystical and spiritual levels. This makes our time as humans richer and more meaningful. Meditations will be given to help use these areas in new ways, adding more spice to our lives, connecting, with friends, pets and nature(around us), plus greater connecting with divine and earth (above and below).

9/9/24-9/11/24, 9:30 am-3:30 pm  
Advanced Registration: \$200.00  
Registration: \$225.00

## 9. Tumo

Monday-Wednesday, October 14<sup>th</sup>- 16<sup>th</sup>

Advanced work with tumo energy, powers through chakras, mental energies, tumo's effect on our time energy, and strengthening our bodies are included in this workshop.

**Must have had previous Tumo classes or get in contact with Genevieve to see what can be done for you to participate in this workshop.**

10/14/24 -10/16/24, 9:30 am-3:30 pm  
Advanced Registration: \$200.00  
Registration: \$225.00

# 2024 Workshop Schedule

## 10. Prayer and Meditation

Saturday, October 26<sup>th</sup>

This year's subjects include praying for our ancestors, deceased relatives, and friends. Also included is the importance of opening to receiving our requests, prayers as a way to work with karma, and a way of developing a closer relationship with God.

10/26/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00

## 11. Fabulous Energies of 2025

Saturday, November 2<sup>nd</sup>

All three outer planets, Uranus, Neptune, and Pluto will either go into new signs or already be there. Each planet will be 0-2 degrees in the new sign. All three planets affect groups as well as individuals and will bring major changes in our societies. It will be a time for new choices and new actions.

Neptune and Saturn will come together in Aries in the beginning of a 5 year period of traveling together. This combination makes us develop a new belief system and keeps changing that. We need to be open, observant and use our faith as a way to navigate these new energies. We will definitely grow from this combination.

11/2/24, 9:30 am-3:30 pm  
Advanced Registration: \$100.00  
Registration: \$125.00