



*An Evening of Guidance,
Mindfulness & Meditation,
Collective Consciousness
and more...*

FIRE

ELEMENTAL

[TO BOOK A PLACE CLICK HERE](#)

Thursday 24th November from 6.30pm

***Fire Elemental Mindfulness Exercises**

+ Orange Meditation working with Fire Elemental

+ Colour Mirrors Fire of Transformation Meditation

***Cards, Bottles, Essences, Group Discussions, 1-1 Readings**

All materials, drinks & nibbles provided. **£20 per person.**



LIGHTHOUSE HOLISTIC
Complementary Therapy - Body, Mind, Life!

