



Discover The Power Within Introduction to Chakras

Learn the ancient wisdom of chakras, and how to
harmonize your mind, body, and spirit

Work Shop

Saturday, December 7th 2024

11:30am-1:00pm

Journey Church Auditorium

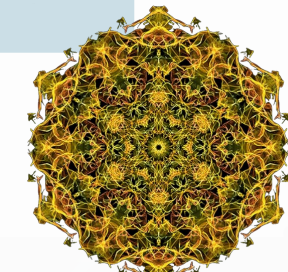
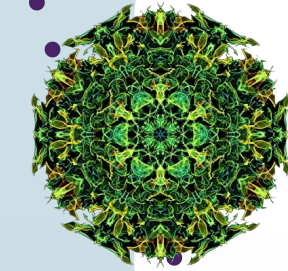
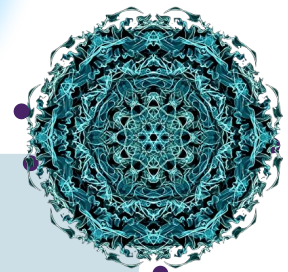
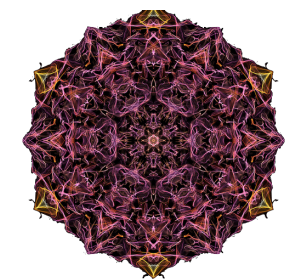
21220 Lorain Rd.

Fairview Park, OH 44126

Enter through front door on Lorain.

Parking available in small church lot across the street

Please bring your own yoga mat or towel



Take your Recovery to the next Level

- Insightful discussions on the significance of each chakra
- Guided meditation to connect with your energy center
- Hands-on exercises including reiki healing
- Practical tips for integrating energetic practices into your recovery routine
- Workshop is for men & women in recovery
- Workshop is limited to the first 25 registrants, details below
- There is NO COST

Activating and aligning your chakras is a holistic journey that leads to a balanced lifestyle. Spiritual alignment not only transforms the physical, it also heals emotional and mental realms by cultivating a deeper sense of self awareness while unleashing the power within.



To Register, visit <http://www.unicorns-polkadots.org>, or text 440-653-0352

Meet Wendy, a compassionate advocate and guide on the path to healing and transformation. Having triumphed over her own battles with addiction, Wendy is living proof of the power of resilience and recovery.



As a Reiki practitioner certified in trauma-informed space holding, recovery coaching, and mindset coaching, Wendy facilitates profound shifts in consciousness and emotional well-being. Wendy is dedicated to walking alongside others on their journey toward lasting recovery. By harmonizing chakra centers in the body, Wendy's sessions foster a sense of wholeness, inner peace, and self discovery.

Meet Michelle, a recovery coach and a spiritual healer whose personal mission is to inspire and empower others to become the healthiest versions of themselves. Michelle lives an altruistic life of service and believes that everyone deserves healing.



Michelle is the founder of Couture Healing, and a Usui Reiki Master Teacher specializing in sound and crystal healing for chakra alignment. In addition, she has extensive certifications in the mental health field, and actively works with individuals in spiritual crises, who battle addiction and seek a life change through wellness healing.

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