

CHECK OUT SOME OF OUR MARCH EVENTS  
MANY MORE ONLINE AT  
WWW.THEANGELCOOP.COM



**Craniosacral Therapy Shamanic  
Bèrbère with Habib Sebaihi on March  
24 and 2 more dates**

*Each private appointment is 30 minutes. Habib uses his extensive training in Craniosacral therapy to reduce stress, pain, depression, chronic pain, anxiety, trauma, imbalance and ailments associated with disease. Craniosacral*

*work includes light touch to release any tension in your whole body. Habib incorporates soothing Bèrbère shamanic chanting and a Tibetan singing bowl.*

**Empowered Conception with Mica DeSantis on March 30 @ 11am**

*Shift from “struggling to conceive” to an “empowered conception”! Mica is a healer, referred to as a Soul Baby Whisperer or Conception Catalyst. She discovered she was able to assist women to conceive through healing touch as well as receive messages from their soul babies. Through a Life Sketching process, ARC, women become empowered to actively engage in their conception journey, release any blocks, & connect with their soul baby! Through healing and connecting we will shift your vibration!*



**The Major Arcana – The Fools Journey  
with Maria Davis on March 20 @  
6:30pm**

*The Major Arcana Tarot cards represent the life lessons, karmic influences & the big archetypal themes that are influencing your life & your soul's journey to enlightenment. The Major Arcana cards include 21 numbered cards & 1*

*unnumbered card (the Fool). The Fool is the main character of the Major Arcana & makes his journey through each of the cards, meeting new teachers & learning new life lessons along the way, & then reaching the completion of his journey with the World card.*



**Drumming Circle Meditation with Pete  
on March 11, April 8, May 13, June 10**

**@ 6:30pm** *Join Shamanic Practitioner and psychic medium Pete Gakos for a drumming meditation. Pete will lead the group with a guided meditation and drumming beat. At the end, he will give each participant a message. Participants invited to bring their own drums. Walk-ins welcome or preregister.*

**Kundalini Yoga and Gong Sound Current  
with Susan Helbing on March 9 & 16 @ 1-  
2:30pm**

*Experience this ancient technology that generates Awareness and Transformation. Learn quick and effective movements or Kriyas which involve breathing techniques, meditation and chanting. Class ends with a gong relaxation that will bring on many different emotions which allows for healing, rejuvenation and transcendence. All levels welcome.*



**Use your Vision Board to Design a Life**

**You'll Love to Live with Pamela Miles on March 17 @ 2-4pm**



*Bring a your vision board or a photo of your board to use. Pamela Miles will explore what the images mean to you, how you can use your board to bring your dreams to reality. Guided exercises and grounding practices will prepare you to leave with confidence and a clear path to follow. Pre-register! Class needs a minimum of 5 participants. (You don't need to have made the board with Pamela. Bring your board or a photo of it.)*

**Subconscious Energy Scan with Katie  
Kozlowski on March 9 @ 9am-12 and March  
31 @ 1:30-5pm (20 minute appointments/\$20)**

*Get unstuck and gain clarity! Katie will help you identify emotional patterns, mental blocks and stuck energy that are holding you back & use the power of NEUROPLASTICITY to help you retrain your brain to create new neural pathways & patterns for moving forward. Perfect for repetitive patterns, unhealthy relationships, physical ailments or pain that is bugging you. It's like running Scandisk for your mind, body and soul! Katie will show you how to change your thoughts for good! Check out Katie's workshops on March 17 and March 31!*

