

FREE EVENTS

Please register online – walk-ins welcome as space allows!

***Angel Mediation and Mini Reading with Kristie on May 16 @ 6pm**

***Plant Essence with Kelly on May 18 @ 10-11:30am**

***Numerology with Shannon on May 25 @ 3:30-5pm**

CHECK OUT ALL OF OUR EVENTS ONLINE AT

WWW.THEANGELCOOP.COM



Reiki Share with Lisa Labozza on JUNE 7

@ 6:30pm and first Friday of every

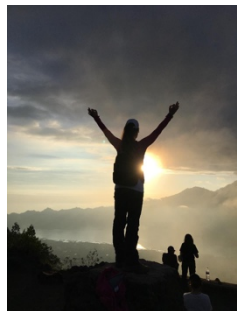
month Join Reiki Master Lisa Labozza for a Reiki Share on the first Friday of every month. Must have Reiki I Certification to attend. Limited to 8 healers so you may want to preregister.

Join Lisa for her next workshops:

Group Guided Meditation, Reiki and Introduction to Angel Inspired Automatic Writing on June 1 @ 3:30-5pm

Group Meditation, Reiki and Angel Reading on June 18 @ 6:30-7:30pm

Kundalini Yoga and Gong Sound Current with Susan Helbing on May 18 @ 1pm and June 12 @ 7:30pm Kundalini Yoga helps you become more conscious, clear, strong, and happy. Experience this technology as taught by Yogi Bhajan that generates Awareness and Transformation. Class incorporates Kriyas, quick and effective movements, which involve breathing techniques, meditations and chantings. Class ends with a gong relaxation which allows for healing, rejuvenation and transcendence. Each class is unique, and no experience is necessary. All levels welcome.



Manifesting Abundance with Gisele Mogan on

May 22 @ 7:30pm Right now, we have the opportunity to commit to our greatness, to owning and claiming our capacity to live the life we truly desire. This nourishing evening includes: an opening meditation about abundance, several transformational energizing breathing techniques to shift stuck energy such as frustration and anger and a Restorative (lying down) guided "Waves of Healing" meditation to heal while accessing deeper levels of consciousness. (=4 hours sleep). Preregister/No refunds within 24 hours or for no shows.



Drumming Circle with Pete on June 10 and every 2nd Tuesday of the month @ 6:30-7:30pm

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.

Interested in learning more about TAROT?

Tarot I Class on June 8 @ 10-12

Tarot II Class on May 15 @ 6:30-8:30pm

Tarot Share with Maria Davis on May 20 @

6:30pm and once every month Join tarot teacher

and expert Maria Davis for a fun evening of Tarot reading, learning and sharing. The group will try new spreads, ask questions and share insights. This is open to all readers, no matter what level you are. Get a reading and give readings to others.

FREE EVENT: Plant Spirit Connection:

An Introduction to Flower Essences with herbalist Kelly Pietro on May 18 @ 10-

11:30am Join community herbalist Kelly Pietro on an experience in plant spirit healing. Kelly will discuss the benefits of Flower Essence therapy and teach you how to connect with plant spirit medicine through meditation. Each participant will go home with a custom blended flower essence spray! Please pre-register - Limited to 14

participants. **Private 45 minute consultations available on May 5 and May 25:** Kelly does an intake and body scan and makes your custom blend flower essence!



Mercury Retrograde and Holding Your Center When the Energy is Chaotic with Kristie Molinaro on June 22 @ 10:30am

Mercury Retrograde is July 8-Aug 1. **GET PREPARED!** Kristie will energetically engage the group with a short exercise to gauge participants' needs. Followed by a guided meditation will facilitate protecting your energy field and center your power. A protection crystal will be included in the class and you will leave feeling PREPARED for any chaotic situation whether it's MERCURY RETROGRADE, legal, family or job-related.



Me: I'm going to sail through Mercury Retrograde this time around!

Mercury Retrograde: Lol.

REIKI CERTIFICATION CLASSES

REIKI II June 2 12-5pm (\$300)

REIKI I July 21 12-5pm (\$225)

MASTER September 22 12-5pm (\$350)

50% deposit due at time of registration