Workshop with Ginger Glasser of Tarot by Ginger
at Wye River Designs, 605 Main Street, #106, Stevensville
GROUND, CENTER & PROTECT YOUR ENERGY

A 90-Minute Workshop for Balance, Awareness & Inner Peace

Do you sometimes feel drained, overwhelmed, or affected by the emotions and energy around you? Discover practical techniques to help you feel grounded, centered, and spiritually balanced. In this interactive workshop, you will explore grounding exercises, guided visualization, energetic boundaries, and spiritual protection practices you can incorporate into your everyday life.

✨ Learn to ground yourself in the present moment.
✨ Restore your inner balance and find your calm center.
✨ Practice visualization techniques for energetic protection.
✨ Release stress, cultivate greater peace, spiritual awareness.

Leave with practical tools to support your well-being and help you navigate daily life with greater confidence, clarity, and inner peace.

Everyone is welcome! No previous experience is necessary.

Workshop will be offered twice on
Wednesday, November 18th at 2PM and 7PM

Pre-Registration is Required.
Register & Pay - $35 per person - Using the QR Code Below or text/phone Ginger at 516-343-8972

2 PM Workshop

2:00 PM Ground, Center & Protect Your Energy

7 PM Workshop

7:00 PM Ground, Center and Protect Your Energy