



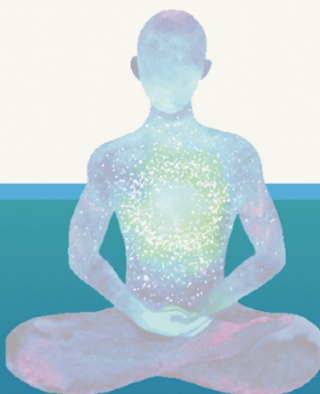
**Hosts,
Helen Lalousis
& Lori Zeh**

The Path to Your Higher Self Energy, Vibration, Intuition

April 5, 2025 9:30AM-6PM



Anthony is an innovative vibrational teacher. He will help restore balance to your body, mind, and soul through sound. His stimulating presentation, "The Vibrational Self: Frequency, Biofields, and Spiritual Awakening", will inspire and awaken your inner potential. ♦ To close, Anthony will bathe us in a serene Sound Bath and Chakra Balancing.



Nancy is a gifted spiritual advisor and medium with over 30 years of experience. She will guide us in exploration of the Third Eye, or pineal gland, enhancing our connection to intuition.

♦ Nancy will lead a Gallery-style session, where she'll share messages from Spirit.



Anna is an Intuitive Coach and Wellness Specialist with over 20 years of experience. Her spiritual journey began at 16 after a near-death experience. She specializes in metaphysics and intuitive consciousness. She will guide you though exploring the Mysteries of Soul Contracts.



Helen, founder of Simply Sacred Oils and co-founder of Blu Water Retreats and Events, will lead a fun and interactive experience on the Chakra Systems and The Healing Connection to Food. Tap into intuition using the colors of the rainbow. "Feel the Rainbow" 🌈 "Eat the Rainbow" a colorful way to nourish your body and spirit!

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**Pre-registration required, \$150 per person
Register with a friend and save \$10 each**



**BluWaterRetreats@gmail.com
BluWaterRetreatsandevents.com**

