

# *Empath Empowerment Meditation Workshop*

*"To feel thyself is to  
know thyself."*

Kirsten leads you on a journey through a guided meditation to align and deepen your connection with your body, emotions, mind and spiritual essence.

- Learn how to ground and centre your inner being in your everyday life
- Connect with your higher self
- Awaken your innate ability to discern emotional guidance
- Discover your natural abilities to intuit information through your senses
- Achieve a higher vibrational state
- Align with Divine and Universal Source energy for healing and guidance

Thursday  
July 19, 2018  
8pm to 9:30pm

\$15 pp

Sun Yoga Studio  
785 Pacific Rd  
Suite 15  
Oakville, ON

**RSVP to [info@KirstenHodgins.com](mailto:info@KirstenHodgins.com)**

**FACILITATED BY KIRSTEN HODGINS**  
Psychic Medium, Angel Communicator and  
Spiritual Teacher

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