



KIRSTEN
HODGINS

THURSDAY, SEPTEMBER 13, 2018
6:30PM -10PM – FEE \$44
PRIVATE HEALING STUDIO, OAKVILLE, ON

EMPATH EMPowerMENT WORKSHOP

Harness Your Empathic Abilities.
Shift energetically and emotionally.
Overwhelmed to EMPOWERED

Join Kirsten in this fun, enlightening workshop where we explore what it means to be **grounded** in your inner-being - to unleash your authentic self for a more empowered life. Learn valuable **clairsentient tools & techniques** to discern energy as a beautiful **skill**. We also explore the exchange of energies between people and how to create **healthy boundaries**. Also, this workshop focuses on sensing energies through our **chakra system**, how we may intuitively understand the flow of energy and articulate emotions for **guidance and healing**.

To register, please visit www.kirstenhodgins.com.

**HARNESS
YOUR EMPATHIC
ABILITIES**

**OVERWHELMED TO
SELF-EMPOWERED**

**ALIGN WITH YOUR
INNER-BEING**

**TUNE IN TO YOUR
BODY'S WISDOM**

**DISCERN
ENERGY, SET HEALTHY
BOUNDARIES**

**EXPLORE
CLAIRSENTIENT
TOOLS & TECHNIQUES**

**MENTORSHIP
SUPPORT CIRCLE**

KIRSTEN HODGINS

*Psychic Medium
Angel Communicator
Spiritual Teacher*

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www.kirstenhodgins.com