



IT'S ALL ABOUT ME WORKSHOPS 2019

## Metaphysical Me - 2 • \$149

Join us on the second of our metaphysical adventures. This workshop is filled with entertaining ideas that will have you wondering about your inner self and the world around you. And let's not forget about a little history lesson on Vikings and their contribution to the metaphysical realm. We round out our day with angels, tarot, crystals, psychic types, and chakras.

How can I make changes in my life? This question is now added to those deep personal questions: Who am I? What am I? Where have I been? Where am I going? What is my purpose in life?

Meet others who are interested in better understanding the nuances of these six ethereal subjects. You may discover that one or more of these fields of interest resonates with you. Even if you don't, at least you're certain to gain new knowledge about yourself while having a great time with other women. This is a great way to take a little time for yourself, isn't it?

This workshop runs from 9 am to 4:45 pm. Registration begins at 8:30 am.

Workshop fee includes all session materials, take-a-ways, and a few surprises. Snacks and beverages will be available throughout the day. Bring your lunch or venture out with other women to nearby restaurants.

### This workshop consists of the following sessions:

**Chakras** – The mystical world of Chakras consists of spinning wheels of energy located in specific areas of the body. Working with chakra energy in a positive way is said to increase lifespan, overall well-being, and the health triangle: physical, emotional, and mental.

**Psychic Type** – We all have natural intuitive abilities whether we admit it or not. Discover your intuitive style and its nature, personality, strengths, and potential challenges. Use meditations and exercises designed for your specific intuitive style.

**Crystals** – This wide array of available crystals come in various shapes, colors, and sizes. Each one is a transmitter and amplifier of love, happiness, health, success and prosperity. Whether at home or in the workplace, we'll explain how crystals enhance energy and protection.



**Viking Runes** – The word rune stems from northern European languages meaning *a secret thing, a mystery*. We will focus on the Elder Futhark version, the most common. Runes are said to provide guidance for a number of things, including change, prosperity, love, family, health, destiny, and more. You will create your own personal set of runes during the workshop.

**Angels** – Nothing says love and compassion more than the thought of having angels around us. Each of us has angel aspects within us too. We'll discuss communication with your angels, positive and negative angels, signs from your angels, and more.

**Tarot** – These cards have been used for centuries as a simple and effective method to discover your potential future, opportunities, and challenges. We'll learn how the Tarot works, how to choose a personal deck, and we'll even have a reading or two for some lucky women.

Call it personal development or just hanging out with the girls. You deserve some time for you every now and then. You won't get a degree from spending time with us, but there's no homework either. Come with friends. And remember, our workshops make great gifts too.

### CHECK OUT OUR OTHER WORKSHOPS:

Metaphysical Me – 1  
.....

Metaphysical Me – 3  
.....

Expressive Me  
.....

Let the Games Begin - 1  
.....

Let the Games Begin - 2  
.....

What's in Your Vending Machine?

**ANN JAGGER**

*Inspiring Dreamers to Become Doers*

ann@annjagger.com

www.annjagger.com

919-815-9769

5448 Apex Peakway #315

Apex, NC 27502