



IT'S ALL ABOUT ME WORKSHOPS 2019

## Metaphysical Me - 3 • \$149

Our third metaphysical workshop adds another layer of adventure to this series. Whether you are interested in the stars, understanding your dreams, or learning what the lines on your hands mean, you'll have a great time looking for answers and most likely developing some new questions.

You may already know bits and pieces of one or more of these topics, but we're sure you'll learn new things during the workshop. If you have a dream you want to share with the group, it may be chosen as part of the session's discussion.

Along with other women interested in a deeper understanding of these topics, you are guaranteed a day of discovery and entertainment. You may come to realize that you are drawn to one or more of these fields of interest. In any event, it's a day looking into the uniqueness that is you. So, come and join other women who believe that taking time for yourself is a necessity.

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:**

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**Dreams** – Dreams can be mysterious but understanding the meaning of our dreams can be downright baffling. We search to better understand ourselves through dream interpretation. Bring a dream to work on during this session.

**Oracle Cards** – These decks are used for divination. They are not divided up into suits like tarot decks—in fact, most oracle decks don't have any divisions at all. Each card has a picture and a name, and nothing else. Oracle decks can have as few as 12 cards and upwards of 100 cards. Tarot decks have 78 cards and various suits.

**Astrology** – The non-scientific study of an alleged relationship between the positions of the sun, moon and planets in the twelve Zodiac signs, personal physical, mental, spiritual and emotional well-being, and the events that occur in a person's life.



**Reiki** – The spiritual healing art of Reiki is an effective form of energy work using the spiritually guided life force energy that flows through all living things. Practitioners transfer energy to their clients through palm or hands-on healing.

**Palmistry** – Palmistry reveals individual personality and character traits through the study of the shape, size and lines of the hands and fingers. Chiromancy deals with the lines on the palm and chirognomy deals with the shape of the hands and the color, shape and texture of the palm, fingers and thumbs.

**Aromatherapy** – This is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

Call it personal development or just hanging out with the girls. You deserve some time for you every now and then. You may not 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

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Metaphysical Me – 2

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Expressive Me

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Let the Games Begin - 1

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Let the Games Begin - 2

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