



THE CRYSTAL GARDEN

Books, Gifts & Spiritual Center

Since 1988

March - April 2012

Reinventing Yourself - Embracing the Cycles of Life: Walking the Medicine Wheel of Life

By Margaret Ann Lembo, author of *Chakra Awakening* and *All About Smudging* (an eBook)

Throughout your life there are many transitions that are journeys that take you from one way of being to another way of being. Most often, these transitions are quite scary as you are often unconscious that change is taking place. The proverbial ground beneath your feet begins to shake and rumble and yet you don't notice. The signs are written on the walls, in your dreams, in changing relationships - both the inner and outer landscape of your reality - and still somehow it eludes you that life is changing.

Change is inevitable. From the moment we are born to the moment we pass to the other side, our lives are in constant change. Just as the earth moves on its axis and the sun and the moon make their daily, monthly and annual cycles, our lives move through concurrent cycles and circles as we wander through the maze of life. And in each moment we have a choice of being conscious on this sacred earth walk or staying asleep as we travel through time on this spinning planet.

The sun and moon do a dance with the earth all day, every day and every year. The cycles created by the movement of these celestial beings play with the light and darkness to create contrasts to allow the rotations to teach lessons along the way. These successions bring balance to earth and all that exists on the earth.

The cycles of life also bring balance as well as lessons. The transitions provide the avenue to reinvent yourself many times throughout one lifetime. The phases of life bring deeper awareness of the self because they are often so traumatic and scary. A chapter closes with or without conscious direction.

The use of spiritual tools will provide comfort and deeper awareness. The spiritual tools like meditation, contemplation, prayerfulness, mindfulness, self-observation, the use of affirmations, journaling, working with crystals and gemstones, utilizing aromatherapy and so many more offer you a way to awaken your consciousness and be aware. Do you realize that all that you think, feel, and say broadcasts out to the universe and thereby, creates your reality?

We no longer have the luxury to say, "Why is this happening to me?" Nothing happens *to* you. You create *it* everyday and every way with every thought, word, action, and feeling. So I invite and encourage you to be very aware and choose your thoughts and beliefs carefully.

I have found that walking the Medicine Wheel can help me gain perspective and ground me as an Earth being. It helps me understand how to "be" here on this planet by understanding the cycles. The teachings of the Medicine Wheel is a meditation in motion that helps restructure the brain's circuitry to embrace the next juncture. Join me on Tuesday, March 20 at 6:30 - 10 PM at \$22 for the sacred [Teachings of the Medicine Wheel](#).

ANGELS, SAINTS, MASTERS & SPIRIT GUIDES

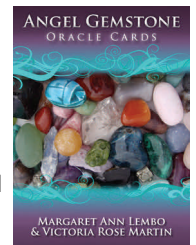
Angel Messenger Practitioner Program® Margaret Ann Lembo, AMP®

In this program, you will learn and practice different tools for receiving guidance from angels, guides, ascended masters and loved ones on the other side. Learn how to give accurate and healing angel readings, primarily using *Angel Oracle Cards*. Use these divination tools to help you connect and communicate with your guides and angels and the guides and angels of the person who has come to you for information, clarity, confirmation and assistance.



- Understand and integrate ethical and confidentiality issues in spiritual counseling.
- Learn how to read crystals and gemstones using *The Gemstone Oracle* technique, developed by Margaret Ann Lembo.

Required Reading: *Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy and the Power of Positive Thought* by Margaret Ann Lembo, *The Light Shall Set You Free* by Norma Milanovich and Shirley McCune, *Messengers of Love, Light and Grace* by Terry Lynn Taylor and *Messages from Your Angels* by Doreen Virtue. New! *The Angel Gemstone Oracle Deck*. You will need at least one Angel Deck to use for practice readings. Books do not have to be read prior to attendance, just prior to final certification.



Fri, Sat, Sun, Mar 2 - 4.

Friday 6:30 - 10:00 PM, Saturday 10:00 AM - 5:30 PM (1 1/2 hours for lunch), Sunday 10:00 AM - 2:00 PM (snack break; no lunch), \$333 prepaid, maximum 26 people. Lay away payment plans are available.

Our Hours:	Sunday	11 am - 3 pm
	Mon - Thurs	11 am - 8 pm
	Fri & Sat	11 am - 6 pm

POLICY: Call if you are coming to a class by 5:00 PM at 561-369-2836. *Minimum 4 required.* The option to prepay for a class in order to receive a discounted fee is specific to the given month in which you are committing for a specific series of classes. Credits may not forward to another month due to non-attendance. Prepayment of an event is not refundable. Prepayment for events is not refundable when the practitioner is traveling from another state to teach. Travel arrangements are made based on sign-ups for their events.

Calendar of Events for March - April 2012

ANGELS, SAINTS, MASTERS & SPIRIT GUIDES

Hablando con los Angeles!! (en Español)

Beatriz Cymberknopf



Esta clase ampliará su base de conocimiento y profundizará su entendimiento hacia el reino angelical. El discurso le ayudará a decidirse y a saber cómo emprender comunicaciones o continuar su trabajo con el reino angelical de forma regular. Aprenderá los atributos de ángeles, directrices de alineación, el saber cómo pedir ayuda, y escuchar dichos mensajes, etc. Practicaremos una visualización de

alineamiento para saber cómo integrar éste conocimiento.

Lunes, 23 de Abril, 7:30 - 9:30 PM, \$20.

AROMATHERAPY

Rock On! 7 Stones and 7 Essential Oils to Help You Achieve Your Goals!

Margaret Ann Lembo

Are you ready to achieve your goals? Would you like the tools to help you "make it so"? Now is the time to activate your courage and shine your light. Learn how to use 7 different gemstones along with aromatherapy to stay focused on your intentions and goals. This course includes a Power Point presentation and handouts and hands-on experience with gemstones and essential oils.

Tues, Mar 13, 7:30 - 9:30 PM, \$25.

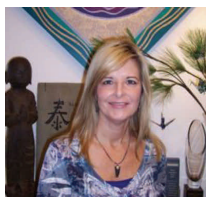
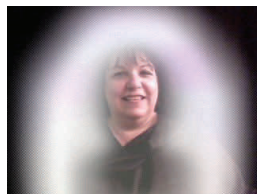


AURAS & CHAKRAS

Digital Aura Photophography

Suzanne Baden

See your aura live on a computer screen and watch your colors shift as you hold a crystal or change your thoughts and emotions. Exciting new 4x6 digital aura photos are more vivid and detailed than older Polaroid photos. You will receive a two page summary printout



of your aura color descriptions. The aura photographer will interpret your photo with a 5 minute mini reading.

Sat Apr 14, 11:00 AM - 5:00 PM, first come/first served, no appointment necessary, \$25 per photo, \$5 add on for electronic copy sent to customer's email.

Terapias Curativas Para Su Alma

Beatriz Cymberknopf

See event description under **PERSONAL ALIGNMENT.**

Thurs, Mar 29, 7:30 - 9:30 PM, \$20.

AURAS & CHAKRAS - Con'd.

Chakras for Beginners: Clearing & Activating Your Aura

Margaret Ann Lembo

This event gives you an overview of the seven main chakras that influence everything from prosperity and self-confidence to communication and intuition. Learn some simple techniques using gems, crystals, affirmations and aromatherapy to manifest any goal and create positive change in your physical, emotional, and spiritual well-being. Everyone attending will receive an Angel Gemstone Oracle Card with an interpretation.



Tues, Apr 24, 7:30 - 9:30 PM, \$20.

Radio Show Chakra Awakening

Margaret Ann Lembo

Start your day in a positive way every Friday from 12 PM ET, 9 AM PT with your host, Margaret Ann Lembo, owner of *The Crystal Garden* and author of *Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy and the Power of Positive Thought*. It's easy - just click on www.blogtalkradio.com/artoflivingwell to listen. Listen live and call in to get a message



from the angels or the Gemstone Oracle. Guest speakers will include astrologers, channels, authors, artists, musicians, rock hounds and visionary leaders. Check out www.MargaretAnnLembo.com/schedule/ to find out the guest of the week. Tune in! Listen online or call 805-292-0349 to listen.

Every Friday from 12:00 PM Eastern Time

CEREMONIAL TEACHINGS

Teachings of the Medicine Wheel

Margaret Ann Lembo

This experiential workshop will bring you through the 36 stones of the Medicine Wheel. Learn about the 7 directions, the 13 Moons and Animal Medicine in a ceremonial way. Build the wheel with me, walk it and experience a new level of understanding of the cycles of life from a Native American perspective as shared by a non-Native facilitator. This is a very special event offered only once or twice a year.



Tues, Mar 20, 6:30 - 10:00 PM, \$22.



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FAN PAGE: www.facebook.com/TheCrystalGarden

CHAKRA AWAKENING FAN PAGE:

www.facebook.com/ChakraAwakening.TransformYourReality

MARGARET ANN LEMBO FAN PAGE:

www.facebook.com/MargaretAnnLemboPage

ALL CLASSES REQUIRE PRE-REGISTRATION. CALL 561-369-2836

Calendar of Events for March - April 2012

CHANNELING

Learn How to Channel

Melissa Applegate

Learn how to channel in this three week series of two-hour experiential classes. All aspects of channeling will be covered including the establishment of a contractual agreement between you and your spirit guide for safe and effective channeling; how to determine your predominate sensory filter for incoming data; how to recognize literal versus symbolic data; awareness training techniques; and tools for developing confidence and trust. This is an open class for those who wish to develop or expand channeling skills; no previous channeling experience is required.

Mon, Mar 12, 19 & 26, 7:30 - 9:30 PM, \$75.00 for the 3 week series, prepayment required.



Channeling the Ones Who Watch Over

Melissa Applegate

Receive answers to your personal questions regarding your love life, work, spirit guides, past lives, social, political, universal, metaphysical and spiritual interests from "The Ones Who Watch Over," a collective essence of light beings who have channeled through Melissa publicly and privately for over 20 years, delighting and enlightening audiences with their insight, wisdom and humor.

Wed, Mar 14 & 18 and Wed, Apr 11 & 25, 7:30 - 9:30 PM, \$20 per event.

Akashic Records and Soul Readings

Rev. Linda J. Kanin

In this class Linda will channel information from the Akashic Records. The Akasha is the place where all is recorded including all possibilities, probabilities, the past present and future. Linda will give an Akashic reading for the group as well as individual readings for each attendee, as time permits. Come with questions about phobias and to gain insight on how you may know your friends from other lives, what your karmic responsibility is and any other questions that can help you in your life now. This is a soul reading of your past, present, and future lives. It will hit home.

Wed, Mar 21, 7:30 - 9:30 PM, \$18.



CRYSTALS, GEMSTONES & CRYSTAL BOWLS

New Moon Crystal Singing Bowl Experience for the Intentional Creation of Reality

Margaret Ann Lembo

Your thoughts create your reality. Change your mind and change your life. Reaffirm your goals. You will each put your order into the Universe by stating your "list" out loud. You have the opportunity to manifest what you wish with the help of the group energy. Margaret will lead a meditation while playing the singing crystal bowls to balance and align your chakras first and then guides you to manifest your heart's desires.

Thurs Mar 22, 7:30 - 10:00 PM and Sat Apr 21, 6:00 - 8:00 PM, \$22 per event.



CRYSTALS, GEMSTONES & CRYSTAL BOWLS

Rock On! 7 Stones and 7 Essential Oils to Help You Achieve Your Goals!



Margaret Ann Lembo

See event description under **AROMATHERAPY** on the first page.
Tues, Mar 13, 7:30 - 9:30 PM, \$25.

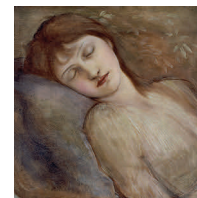
DREAMING

Dreams

Rev. Linda J. Kanin

Learn the different meanings of each dimension of dreaming, from psychological, prophetic, astral work, and plaining. Learn how-to lucid dream. Linda will teach you how to make your dreams work for you as well as reveal the hidden dimensions of your mind. We will learn the personal and general archetypes of your dreams. We will then analyze each other's dreams.

Mon, Apr 9, 7:30 - 9:30 PM, \$18.



Special event!

Open Up to the Other Side

Jess Steinman
from Massachusetts

Have you been longing to connect to a loved one who has crossed over? Perhaps you've had the occasional intuitive "hunch" or just "knew" something without understanding why or how you knew it?

In this workshop series presented by Jess Steinman, you will begin by learning the basics of working with your intuition in three 2-hour events. Whether it is learning about meditation, or understanding more about your intuitive senses, you will leave these three workshops with a solid knowledge about how your psychic senses work.

Then continue on to the day-long workshop, where you will take your intuitive understanding to the next level - - - learning to connect to the Other Side.

This class will guide you through experiential exercises, meditations and discussion to help you receive messages from those in Spirit and deliver those messages to others, plus learning the "ins-and-outs" of spiritual mediumship - from ethics and responsibility to presentation of messages in a group setting.

Part 1: Tues, Wed, and Thurs Apr 17, 18, 19, 7:30 - 9:30 PM each evening, \$25.00 per evening per class.

Part 2: Sat, Apr 20, 9:30 AM - 5:30 PM, \$175.00 for daylong workshop.

REGISTER NOW to [Open Up to the Other Side](#)

Calendar of Events for March - April 2012

DRUMMING

Full Moon Drumming & Shamanic Journey

Margaret Ann Lembo

On this auspicious day of brilliant light energy, establish your intentions for the next 28.5 days of your life! Margaret "Seven Feathers" will call in the 7 directions using Smudge in Spray, a liquid alternative to smoking smudge. The first round of drumming will be dedicated to clearing away the old. The second round of drumming will call forth and invoke the new as you focus on and imagine your life as you want it to be. During the third round, Margaret will drum you through a shamanic journey into yourself with your power animal to help you find the answers and guidance to step forth empowered and confident. Bring your drum or rattles if you have them (although you don't need a drum to attend). You also will have an opportunity to drum on the big Pow Wow drum during this experiential workshop. **Special Note: It is important to realize that this is a sacred circle event. Be prepared to stay for the full ceremony.**



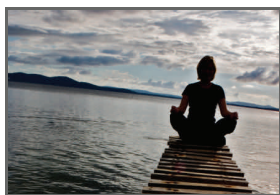
Thurs Mar 8, 7:30 - 10:00 PM and Fri Apr 6, 6:30 - 9:00 PM, \$22 per event, children under 16 free, maximum 30 people.

MEDITATION

Aprenda a De Tensionarse, Relajarse, y Disfrutar

Beatriz Cymberknopf

Aprender a relajarse es fundamental si queremos sanar nuestro ser. Esta clase de dos horas le enseñará herramientas y destrezas específicas de relajación para poder orientar y enfocar nuestra mente hacia un proceso de sanación; mientras se conecta con su "Yo" Superior. Cada participante adquirirá la habilidad de reducir sus niveles de estrés o tensión, y sentir una sensación de paz y bienestar usando éste método.



Jueves 12 de Abril, 7:30 - 9:30 PM, \$20.

Hablando con los Angeles!! (en Español)

Beatriz Cymberknopf

See event description under **ANGELS, SAINTS, MASTERS & SPIRIT GUIDES.**

Lunes, 23 de Abril, 7:30 - 9:30 PM, \$20.

SPECIAL APPEARANCE

Intuitive Oracle and Psychic Mediumship Private Sessions

with Jess Steinman from Massachusetts

A combination of working with a variety of Tarot and Oracle card decks and connecting with those on the Other Side to bring through validating/guiding information for the client.

Sessions: \$75 (30 min), \$100 (45 min), \$125 (60 min)

Wednesday, Thursday and Friday, April 18, 19 and 20 - 11:30 am to 4 pm.

By appointment only.

PAST LIVES

Past Life Regression and Reincarnation

Margaret Ann Lembo

Who were you? Where did you live? Have the people in your life been with you before? Why are you coming back together with people from your past lives? Why do we reincarnate? Understanding the role of reincarnation, karma and dharma can assist us in our present incarnation. Remembering a past life can bring a greater understanding of ourselves and what we have come back to learn. Past life regression helps us remember our purpose and learn the meaning of our lives today. Come and explore your experiences from other lifetimes! This workshop includes a lecture and a past life regression experience. Wear comfortable clothing and bring a blanket. Private sessions are available. Call 561-369-2836 to schedule an appointment. **Tues, Mar 27, 7:00 - 9:30 PM, \$35, prepayment required, maximum 33 people.**



PERSONAL ALIGNMENT

Developing a Healthy GPS (Guy Picking System)

Dawn Maslar

Are you attracted to the wrong men? Dawn Maslar offers a lighthearted look at the dating disasters many single women will relate to, coupled with a practical, easy-to-follow, real-life plan for change. After a lifetime of dating 'Mr. Wrong' or settling for 'Mr. Right-Now,' women who are serious about finding her 'heart's desire' will appreciate and benefit from the easy-to-implement suggestions. The talk is based on Dawn's award-winning book *From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)*.

Thurs, Mar 15, 7:30 - 9:00 PM, \$15 prepaid; \$20 at the door.

Improve Your Self Esteem

Margaret Ann Lembo

Do you have unconscious or subconscious programming that keeps you from being all that you can be? Do you have good intentions to start (or finish) projects or ideas and somehow something manifests that sabotages your intention? Allow me to facilitate you through processes to shift the programming to fail (or that you never seem to start) into a reality of self-confidence, self-motivation and action thereby creating success! Attend this event only if you are really ready to shift your reality. Bring a notebook and pen.

Tues, Apr 10, 7:30 - 9:30 PM, \$18.



ALL CLASSES REQUIRE PRE-REGISTRATION. CALL 561-369-2836 TO ATTEND AN EVENT.

Calendar of Events for March - April 2012

PERSONAL ALIGNMENT - Con'd.

Terapias Curativas Para Su Alma

Beatriz Cymberknopf

Afortunadamente, el universo nos ha dotado con diversos tipos de modalidades curativas energéticas, las cuales podemos usar sabiamente para sanar y/o mantener nuestra salud a todo nivel. Esta clase explicará, explorará y discutirá mínimo cuatro o más (si el tiempo permite) modalidades curativas y cómo éstas realmente asisten en nuestra transformación y sanación (e.g. balance del aura, Reiki, técnica emocional de la libertad, meditación, visualización creativa, terapia de sonido y color, etc) que podemos utilizar para sanar o resolver retos no sólo en el aspecto físico sino también en el aspecto energético, mental y/o emocional, y espiritual. Cada participante tendrá la oportunidad de experimentar, recibir y percibir individualmente la energía curativa de Reiki.

Jueves 29 de Marzo, 7:30 - 9:30 PM, \$20.



PSYCHIC DEVELOPMENT

Advanced Tarot

Rev. Linda J. Kanin

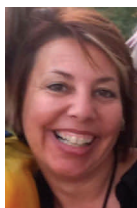
For those of you who have taken tarot before or are book familiar, this is the class for you. Linda will teach the class according to the level and needs of the students attending. We will review Major and Minor Arcana. Layouts will be given. All questions answered. We will practice on each other with guidance from Linda. Fun and informative. Bring your cards. Linda uses the Waite Rider deck, in stock at *The Crystal Garden*.

Tues, Mar 6, 7:30 - 9:30 PM, \$18.



Find Your Inner Compass with SoulCollage®

Elise Crohn



You will learn to make 5"X8" SoulCollage® cards with glue, scissors, magazine images and personal photographs that represent, explore and celebrate different aspects of YOU. These cards become a "deck" that tells the story of you, one facet at a time, which then becomes a tool, much like a divination deck, you can use to gain access to YOUR inner source of wisdom. Making SoulCollage®

cards is a fun, easy way to gain surprisingly deep insight into yourself, your life purpose, and challenges. All materials and a safe, non-judgmental environment are provided. Absolutely no previous art experience is expected or required.

Wed, Mar 21, 7:00 - 9:30 PM, \$20 (includes all art supplies, prepayment required).

About Elise: *Elise Crohn is an entrepreneur, artist, and creativity coach. She loves to inspire the creative process. She is a certified Process Painting teacher and Art Medicine Woman. Crohn has guided hundreds of students in classes and workshops to discover their own creative heART—all with an orientation towards depth psychology, women's spirituality, and love of Mother Earth. Elise says, "When we make art, art makes us into deeper, truer, more joyful creatures. I love to create the time, space and encouragement for my students to engage in heart-art—Come join me!"*

PSYCHIC DEVELOPMENT - Con'd.

Intuitive Development for Beginners: Exercise Your Psychic Abilities

Margaret Ann Lembo

We all have intuitive gifts. Your ability to know, hear, see or sense the truth using our intuition is as real as your ability to use your physical senses. Often these gifts go undeveloped because training may not have been available in school or growing up. Come learn how to listen to your inner guidance. Develop a strong sense of trust and self-confidence as you practice different tools to increase your skills. This is a class for beginners as well as the intermediate practitioner who wants a bit of practice. You will receive messages for yourself and others in a group setting. It is a fun class and you will get a lot of readings - and give them, too!

April 2 - Week 1 - Develop practices for meditation, protection and grounding. Bring a bandana/eye pillow to cover your eyes, a journal or paper and a pen. Shamanic journeying and communication with animal totems will be practiced.

April 16 - Week 2 - You will learn about symbols and interpretation of messages as you exercise imagination and intuition through psychometry and/or billets. Bring questions and jewelry for practice.

April 30 - Week 3 - Learn automatic writing also known as channeled writing to bring messages from the Divine, angels, master guides and Loved Ones on the other side. Bring a journal or paper and a pen.

Each week is a different subject and stands alone in the teaching so you may attend any combination of classes. It is highly recommended to attend the full series, though, as each class builds upon itself.

April 2, 16 & 30, 7:30 - 9:30 PM, \$63.00 prepaid for 3 week series or \$25.00 per class.

Open Up to the Other Side

Jess Steinman

This three-evening workshop series, followed by a day-long workshop, will help you to get in touch with your intuitive senses and have an understanding of how they work, as well as show you how to connect with those on the Other Side and deliver those messages to others. Whether you are an experienced intuitive or just beginning on your spiritual journey, this series will give you the tools you need to take your intuitive development to the next level. Each workshop can be taken as an individual course or as a group, and is meant for all levels of experience.

Part 1: Tues, Wed, and Thurs Apr 17, 18, 19, 7:30 - 9:30 PM each evening, \$25.00 per evening per class.

Part 2: Sat, Apr 20, 9:30 AM - 5:30 PM, \$175.00

See prior pages for more details and about her private sessions.

Note from Margaret Ann Lembo: *I personally invited Jess Steinman to come from Massachusetts to teach you. You can take the Part 1 evening courses without taking Part 2 You can take Part 2 without Part 1 if you have experience. If you are ready to open your intuition and psychic mediumship abilities, this is your event. I plan on attending the Saturday workshop and I've been doing this work for over 2 decades.*



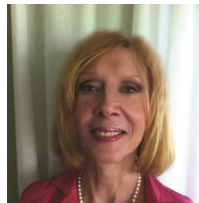
ALL CLASSES REQUIRE PRE-REGISTRATION. CALL 561-369-2836 TO ATTEND AN EVENT.

Calendar of Events for March - April 2012

PSYCHIC DEVELOPMENT - Con'd.

Clairvoyance

Rev. Linda J. Kanin



Linda will give exercises to practice remote, channeled, astral, and prophetic visions. She will also answer all questions about this spiritual gift. Other methods of ESP will be explained. Questions will be answered on all aspects, however, this class will be focused on perceptive visions. Learn how to acquire them, distinguish them, and use them properly. Within the light, Let us see clearly. Fun class.

Thurs, Apr 5, 7:30 - 9:30 PM, \$18.

REIKI

Note: We will be closed on Easter, April 8

Community Gatherings Reiki Circle

Rev. Pam Elliott and Rev. Fern Pearl

In the spirit of healing and love, please join us in creating this traditional Reiki circle.

Sun Mar 4 & 18 and Sun Apr 1 & 22, 11:15 AM, \$5 Love offering/donation per event.



Community Gatherings Reiki Circle

Beatriz Cymberknopf and Rev. Fern Pearl

In the spirit of healing and love, please join us in creating this traditional Reiki circle.

**Sun Mar 11 & 25 and Sun Apr 15 & 29
\$5, Love offering/donation per event.**



SHAMANISM

Full Moon Drumming & Shamanic Journey

Margaret Ann Lembo

See event description under **DRUMMING**

Thurs, Mar 8 7:30 - 10:00 PM, \$22, children under 16 free, maximum 30 people.

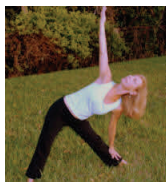


YOGA

Beginner's Eclectic Yoga

Clay Goldstein

Join us for a graceful blend of yoga postures emphasizing breathing with synchronized movement and alignment, while building strength, flexibility, and balance, combined with meditation for relaxation and clarity. Perfect for those new to yoga and for ongoing students. Bring a yoga mat or purchase one at *The Crystal Garden*.



- **Mon, Mar 5, 12, 19 & 26, \$50 prepaid for the 4 week series or \$15 each class, maximum 8, 11:15 AM - 12:15PM.**
- **Mon, Apr 2, 9, 16, 23 & 30, \$60 prepaid for the 5 week series or \$15 each class, maximum 8, 11:15AM - 12:15PM.**

YOGA - Con'd.

Yoga Essentials: Learn the Steps to a Healthy, Happy Lifestyle

Carlee Kalyani

Experience hatha yoga sessions inspired by Anusara yoga that bring more space into your body and allow you to experience your full potential. Proper alignment and breathing allows the body to integrate by providing stability in the joints, freedom of movement, and increased flexibility. This practice focuses on toning muscle groups and safely stretching connective tissues, allowing you to enjoy the benefits of increased energy, health, and overall well being. By getting in tune with your body, you will experience benefits ranging from increased concentration and relaxation to better performance in sports and all of your activities. Do the things you never thought possible and go beyond self-imposed limitations. You will be amazed at the results!



- **Tues, Mar 6, 13, 20 & 27, \$40 prepaid for the 4 week series or \$14 each class, 12 - 1 PM.**
- **Tues, Apr 3, 10, 17 & 24, \$40 prepaid for the 4 week series or \$14 each class, 12 - 1 PM.
10% off DVD when prepaid for the month.**

SPECIAL EVENTS

Juicy Joy: 7 Simple Steps to Your Glorious, Gutsy Self: Meet the Author/Book signing

Lisa McCourt

Come join us in the Book Room to meet Lisa McCourt, a local author, as she launches her new book (Hay House) It's an instruction manual for peeling away layer after layer of the stifling masks you've accumulated over your true, glorious essence.

Wed, Apr 4, 7:00 - 8:00 PM, Free.



Unlock Your True and Infinite Potential

Barbara Evans

Sacred Geometry, Crystal Energies and channeled messages from the Spiritual Hierarchy combine in the *Image Keys* to radiate powerful vibrations of the Higher Dimensions, thus offering a gateway to Higher Consciousness. Learn about the creation and remarkable properties of the visually stunning Image Keys and then build a "temple" with crystals and the images. Use this special sacred space for meditation which allows you to raise your level of consciousness, connect powerfully with your Higher Self and empower your forward path. This fun-filled workshop provides unique, long-lasting tools for spiritual awakening, transformation and empowerment.



About Barbara: Barbara's book, *Messages of Universal Wisdom: A Journey of Connection Through the Heart*, was guided throughout its creation by Angels and Ascended Masters. Similar guidance has now underpinned the manifestation of a companion card deck, *The Empowerment Cards*. Barbara is coming from Michigan to share her wisdom.

Thurs Apr 26, 7:30-9:30 PM, \$25.

ALL CLASSES REQUIRE PRE-REGISTRATION. CALL 561-369-2836 TO ATTEND AN EVENT.