



THE CRYSTAL GARDEN

Books, Gifts & Spiritual Center

Since 1988

November - December 2010



Gratitude

I give gratitude to you for all your support for The Crystal Garden, myself and my staff over these many years. I also ask for blessings for all beings of this Planet.

I wish and pray that everyone may experience a happy and joyful life everyday in every way.

May the troubles and woes of each individual be released and transformed. May we learn our lessons well and continue to grow and evolve. May we remember how to forgive ourselves and those whom we perceive have hurt us, insulted us or treated us rudely or inappropriately. May we have great compassion, understanding and the ability to see, sense and feel the bigger picture. May we know how to let go of what is not ours, whether it be thoughts, belief systems imposed by society, family or friends, material items that really don't 'belong' to us, etc. May we consciously release any cords of attachment, anger, resentment and karma. May these cords dangle in the cosmos for Great Spirit to transform and transmute into Divine Love for the highest good of all mankind.

I ask that abundance is bestowed on everyone spiritually, physically, mentally and emotionally. May we all have all the money we need to feel safe and sound, without greed or conspicuous consumption and may all our basic needs be met daily. May we remember that there is absolutely undoubtedly more than enough to go around for everyone, thereby releasing competition or jealousy from our consciousness.

May we have enough time to sit and relax with friends and loved ones, to meditate and pray, to exercise and be creative. May we enjoy the love and support of friends who know we are fabulous and help us to remember that we are special and much loved. May we feel safe and always think good thoughts about others and ourselves. May we realize that we can do anything we put our minds to and that there are infinite possible and probable realities and outcomes in our lives. May we remember and truly realize that we are the creators of our lives and our realities and act accordingly.

May we always respect each other, be thoughtful of each other and treat each other as if we were in the presence of an Angel or an Enlightened Master.

Please, let us all take the time now to STOP and contemplate and feel gratitude for the many blessings in our lives.

May your Holidays be joyful and may the New Year bring you Health, Wealth, Love, Peace, Joy and Compassion!

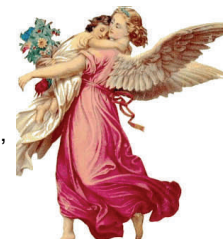
Love,

Margaret Ann Lembo

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. Through knowledge, practice and development of self-trust, everyone will be giving messages using Divine Guidance throughout the program using clairaudience, clairvoyance, clairsentience and claircognition as well as potentially clair-smelliness and clair-tastiness. Learn how to give accurate and healing angel readings, primarily using Doreen Virtue's *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, ATP®, AMP®. Required Reading: *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. You will need 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, Nov 5 - 7. 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. This event will be offered next on March 4, 5 & 6, 2011.

The Crystal Garden's Holiday Savings

- Nov 30: 33% off all Tumbled Stones (in bowls)
- Dec 1: 22% off Angel Statues
- Dec 2: 12% off Sage and Resins
- Dec 3: 25% off *The Crystal Garden* Essential Oils
- Dec 4: 33% off Crystals
- Dec 5: 15% off CDs
- Dec 6: 15% off Crystal Singing Bowls & Drums
- Dec 7: 20% off Divination Decks
- Dec 13: 33% off Holiday Greeting Cards
- Dec 14: 25% off Books
- Dec 29 & 30: 20% off 2011 Calendars



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

We will be closed for the holidays Nov 25th & Dec 25th and will close at 4:00 p.m. Dec 24th and 31st.

Calendar of Events for November - December 2010

ANGELS, SAINTS, MASTERS & SPIRIT GUIDES -

Unseen Helpers from Beyond

Rev. Linda J. Kanin



Learn how to call your guides, helpers, angels, fairies, etc. Learn who is the right helper for your situation. Learn how to get rid of unwanted energies and work with only the highest vibrations. Know when to call for aid, receive help, and show thanks. Learn how to become a helper yourself in the New Age and at this crucial time in metaphysical history.

Most importantly, know who these guides are

and how they can help.

Wed Nov 10, 7:30 - 9:30 PM, \$18.

Angels and Teens Meet Up

Rev. Lesa Cicciu

See event description under CHILDREN & TEEN ACTIVITIES.

Sun Dec 12, 1:00 - 2:30 PM, \$15.

ANIMAL COMMUNICATION

You Can Talk to the Animals

Joan Ranquet, author of *Communication with All Life:*

Revelations of an Animal Communicator, will teach telepathy (transference of pictures, words and feelings).

By being consciously aware of this process, people can enhance their relationships with their animal companions, especially when there is a behavioral or health challenge with the animal. Please bring pictures of your animals to communicate with – not your pet!

Sat Nov 6, 11:00 AM - 5:00 PM (1 1/2 hour for lunch), \$85, prepayment required.



Private Animal Communication Sessions

Joan Ranquet, Pet Psychic

Animal communication can have the effect of the animal feeling like they got their life story off their chest and modifying their

own behavior as a result. But in most cases, an Animal Communication session isn't the only magic pill to transform the household to harmony....it starts with the caregiver (s). During a session, Joan guides people to take a step back, understand that perhaps the problem is a people perception problem. When the human in the household can reframe the picture for themselves mentally or

take emotional leadership, they are taking charge as the animal communicator and as a result, the animal companion(s) have the opportunity to respond differently. Bring photograph only, not pet.

Fri Nov 5, 11:00 AM - 5:00 PM, \$75 for 1/2 hour or \$120 for 1 hour, appointment and prepayment required.



ANIMAL COMMUNICATION

Allowing Love Through Animal Communication

Vicki Beane Mitchell

It's easy to "talk to the animals" but can you listen? Want to hear their stories while your pet is doing this crazy thing? What message that visiting animal or your pet has for you? Join the fun of communicating and bring a photo of your pet or animal. Leave pets at home!

Thurs Nov 18 and Tues Dec 7, 7:30 - 9:30 PM, \$20 per event.



ASTROLOGY

Why Eclipses Work

Karen McCoy

Karen will be teaching us the difference between transiting eclipses and the eclipses we were born under (pre-natal). She has the gift of being able to speak astrology to those with no prior astrological knowledge. Her talks are enjoyable and informative.

Karen will also be available to sign copies of her newly released, fully revised, and updated book *Spiritual Astrology A Path To Divine Awakening*.

Bio: Karen is a third generation astrologer who has dedicated over 37 years to teaching and assisting people to integrate the emotional, physical and spiritual aspects of themselves. Her astrological practice is international and includes several thousand clients. Ms. McCoy is a nationally recognized author and public speaker on astrology, motivational and metaphysical subjects..

Wed Dec 8, 7:30 - 9:00 PM (lecture), 9:00 - 9:30 PM (book signing), \$22 (lecture only) or \$35 (lecture and signed book).



Predictions for 2011 and Mini-Readings

Carole Lynn Grant

As a syndicated astrology columnist, Carole will explain events for all twelve signs and then do mini-readings. Have your questions ready. This is a fun, entertaining evening.

Tues Dec 14, 7:30 - 9:30 PM, \$20



AURAS & CHAKRAS

Clear Your Chakras for the New Year:

Crystal Singing Bowl Meditation

Margaret Ann Lembo

See event description under CRYSTALS, GEMSTONES, & CRYSTAL BOWLS.

Wed Dec 29, 7:30 - 10:00 PM, \$22.



Calendar of Events for November - December 2010

AURAS & CHAKRAS - Con'd.

Aura Cleanse & Psychic Healing ~ Tapping Into Your Energetic Gifts

Rev. Michele McGrew

Join Rev. Michele McGrew, spiritual teacher and intuitive, and learn how to shed psychic debris and step fully into your psychic self ~ whole and complete. Leave this circle feeling refreshed and relieved from the burdens of guilt, fear and self-doubt as you discover how "energetic gifts" shape YOUR destiny.

Wed Nov 17, 7:30 - 9:30 PM, \$20.



Auric Healing

Carole Lynn Grant

Our whole life (past, present and future) is contained in our auras. This class will teach you how to balance and heal your own aura and will give you the skills to heal others.

Wed Dec 8, 7:30 – 9:30 PM, \$20.

CEREMONIAL SPIRITUAL TEACHINGS

Thirteen Moons: A Women's Circle

Margaret Ann Lembo

This event invites women to reconnect with the "Legacy of Woman," the Sisterhood & the Earth Mother. We will use Jamie Sams book, *The 13 Original Clan Mothers* as our guide, studying a chapter each month. Bring drinking water, 4 flowers. *Bring your own copy of the book if possible. Available for sale at The Crystal Garden.*

Mon Nov 8, 7:15 - 9:45 PM, \$13.



Festival of Lights

Rev. Linda J. Kanin

We will celebrate the winter solstice, the shortest day of the year. We will meditate and go into the caverns and dark recesses of mind and assimilate the harvest from the past year of our soul. We will begin to create the new seeds for our future. We will enunciate sounds and light colored candles associated with the sounds.



This will allow the vibration of sound and color to spiral into light. This is a non-denominational spiritual holiday gathering. We will pray and sing together. This is one of the major four metaphysical festivals. Bring white candles, if you can; Linda will bring colored and white candles.

Mon Dec 20, 7:30 - 9:30 PM, \$18.

CEREMONIAL SPIRITUAL TEACHINGS - Con'd

Full Moon Drumming Circle

Margaret Ann "Seven Feathers" Lembo

See event description under **DRUMMING**.

Mon Nov 22, 7:30 – 10:00 PM, \$22 (children under 16 are free).

CHANNELING

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.

Thurs Nov 11, Tues Nov 23, Thurs Dec 2, Thurs Dec 16, 7:30 - 9:30 PM, \$20 per event.



CHILDREN & TEEN ACTIVITIES

Angels and Teens Meet Up

Rev. Lesa Cicciu



There are so many ways to connect with your angels. I know you've seen them, heard them, felt them... In this hands-on workshop, let's have fun exploring several ways to get connected by using tools such as guided meditation, divination cards, crystals, recurring numbers, synchronicities, and aromatherapy. Your

angels are waiting to help you.

Sun Nov 21, 1:00 – 3:00 PM, \$20.

Teens Meditation Instruction and Reiki Circle

Rev. Lesa Cicciu

Learn how to meditate and at the same time receive a mini Reiki session. As you connect to spirit through meditation, universal life force energy known as Reiki enhances your body's natural ability to heal itself. You'll feel calm and relaxed, be able to keep your thoughts positive, and stay focused on whatever you love to do, whether it's sports, playing an instrument, drawing, surfing, skate boarding, (ok, I have to put this in for the parents) or writing and studying. Meditating is really easy. I'll bet you already do it and don't even know it.

Sun Dec 12, 1:00 – 2:30 PM, \$15.



All classes required pre-registration. Call 561-369-2836 to attend an event.

Calendar of Events for November - December 2010

CRYSTALS, GEMSTONES, & CRYSTAL BOWLS

Crystal Alignment and Meditation

Margaret Ann Lembo

Come experience the peace and love of the energy of a group alignment. Margaret will place gemstones on and around your body and guide you through a deep relaxing meditation. You may experience direct messages from your guides and angels to assist you on your path through life. A transformative experience! Bring a sweater or a blanket if you have a tendency to get cold during meditation. *Note to Crystal Healers certified by me in Level 2:* if you wish to come assist and practice, please email Margaret at info@thecrystalgarden.com
Mon Nov 29, 7:30 - 9:30 PM, \$22.



Manifesting Using Crystal Singing Bowl Meditation

Margaret Ann Lembo

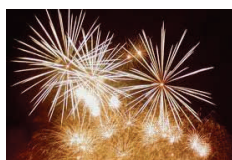
Focus and imagine your life as you wish it to be. Reaffirm your goals. We will each put our order into the Universe by stating our "list" out loud. You have the opportunity to manifest what you wish with the help of the group energy. Margaret will lead a meditation while playing the singing crystal bowls to balance and align your chakras first and then guides you to manifest your heart's desires.
Mon Dec 6, 7:30 - 10:00 PM, \$22.



Clear Your Chakras for the New Year: Crystal Singing Bowl Meditation

Margaret Ann Lembo

Focus and imagine your life as you wish it to be. Reaffirm your goals. We will each put our order into the Universe by stating our "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.



Wed Dec 29, 7:30 - 10:00 PM, \$22.

DREAMING



Dream Interpretation: How to Make Dreams Work for You **Carole Lynn Grant**

There are all kinds of dreams: precognitive, warning, empowering, stress relieving and linking with loved ones who have passed on. You can also dream about your spirit guides, the Akashic Records and the Hall of the Masters.

Come and find out about the power of dreams and learn life changing techniques.

Tues Nov 16, 7:30 - 9:30 PM, \$20.

DREAMING - Cond.

What Dreams Are Made Of

Rev. Linda J. Kanin

In this class we will learn about how we create dreams. We will learn the significance on multiple levels. We will learn how to lucidly dream, keep dream journals, interpret dreams, and yes change them. Which reality of the dream do you wish to create in your non dream state? We will understand how to astral travel into another person's dreams. We will explore the multi dimensional states of the dreamer's reality.

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



DRUMMING

Full Moon Drumming Circle

Margaret Ann "Seven Feathers" 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. This event often goes beyond 10 pm. Be prepared to stay for the full ceremony.

Mon Nov 22, 7:30 - 10:00 PM, \$22 (children under 16 are free).



MEDITATION

Meditation for Beginners

Rev. Lesa Cicciu



All the greatest teachings and teachers agree that meditation is the most important tool on the spiritual path. It's far easier than you've been lead to believe and everyone can do it, taking only minutes to learn and minutes to do. This practice reduces stress while increasing vitality and rejuvenation of body, mind and spirit.

Sun Dec 5, 1:00 - 3:00 PM, \$22.

Calendar of Events for November - December 2010

MEDITATION - Con'd.

Teens Meditation Instruction and Reiki Circle

Rev. Lesa Cicciu

See event description under **CHILDREN & TEEN ACTIVITIES**.
Sun Dec 12, 1:00 – 2:30 PM, \$15.

Clear Your Chakras for the New Year:

Crystal Singing Bowl Meditation

Margaret Ann Lembo

See event description under **CRYSTALS, GEMSTONES, & CRYSTAL BOWLS**.

Wed Dec 29, 7:30 - 10:00 PM, \$22.

Meditating with Music Using Toning, Chanting, Affirmations, and Mantra for Advanced and Beginning Meditators

Dean and Dudley Evenson

See event description under **SPECIAL EVENTS**.

Thurs Nov 4, 7:30 – 9:30 PM, \$20.

PAST LIVES, PARALLEL & PROBABLE REALITIES

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.

Mon Nov 1, 7:30 - 10:00 PM, \$35, prepayment required, maximum 30 people.

Connecting with Your Past Lives to Maximize Your Latent Talents

Carole Lynn Grant

Class includes a group regression. By going backwards in time, you will be able to tap into renewed potential. Dress comfortably and bring a pillow.

Thurs Nov 18, 7:30 – 9:30 PM, \$20.



PERSONAL ALIGNMENT

Appreciation and Thanks

Rev. Linda J. Kanin



For Thanksgiving and all the time we need to know how to give thanks, in prayer, in meditation, in deeds, thoughts and projections. Learn the many ways one can spiritually enjoy and share that which is given. Learn more about karma and how it works, how you can become

karma free and reap more benefits for self and others. In this class we will pray and give verbal thanks using the energy of the group. This is very important to become spiritually active.

Tues, Nov 16, 7:30 – 9:30 PM, \$18.

Bereavement/Loss/Emotional Grief

Fern Pearl

In this event, I will moderate and facilitate group discussion so that participants can voice their feelings. Subjects encompass stages of grief due to death or loss of a relationship and how to cope.

Sun Nov 28, 1:00 – 2:30 PM, \$18.



Aura Cleanse & Psychic Healing ~ Tapping Into Your Energetic Gifts

Rev. Michele McGrew

See event description under **AURAS & CHAKRAS**.

Wed Nov 17, 7:30 - 9:30 PM, \$20.

Living on Purpose with Ease and Grace

Rev. Lesa Cicciu

Leaping with faith to heal body, mind, heart and soul requires courageous vulnerability and a willingness to commit to living a Divinely inspired, purposeful and fulfilling life.

Come take this step in beginning to heal any blocks preventing you from enjoying your relationships, financial well-being, spiritual growth, and a healthy lifestyle. Together we will create a visual tool to help you remain focused on what makes your soul sing.

Sat Dec 11, 2:00 - 4:00 PM, \$20.



Basic DNA 1 & 2 Theta Healing™

Karen Truhon

See event description under **SPECIAL EVENTS**

Fri/Sat/Sun Nov 12 - 14: Friday 8:30 AM - 5 PM, Saturday 9 AM - 5 PM, Sunday 9 AM - 5 PM, \$500 for the 3-day workshop.

Private Sessions: Theta Healing™

Karen Truhon

See event description under **SPECIAL EVENTS**

All classes required pre-registration. Call 561-369-2836 to attend an event.

Calendar of Events for November - December 2010

PSYCHIC & SPIRITUAL DEVELOPMENT

Exploring Divination Tools & Techniques (A.K.A. Psychic Circuit Training!)

Rev. Michele McGrew



Are you psychic? I believe that psychic abilities are like muscles ~ the more you work them the stronger they become! In this fun, interactive workshop, we'll give your psychic muscles a workout as we engage in group readings and explore various divination tools to see which ones are the best fit for you. (Think psychic circuit training!) Are you drawn to tarot, or are you a natural at the pendulum? Do the ancient

runes hold the answers you seek or can you gaze into a crystal and see the visions dance before you? Come flex your psychic muscles with Rev. Michele McGrew and unlock the mystery to your own psychic skills!

Sat Dec 18, 1:00 - 5:00 PM, \$40.

Predictions for 2011 and Mini-Readings

Carole Lynn Grant

See event description under **ASTROLOGY**.

Tues Dec 14, 7:30 - 9:30 PM, \$20

REIKI

Community Gatherings Reiki Circle

Rev. Lesa Cicciu

In the spirit of healing, please join us in creating this traditional Reiki Circle where all are invited to receive and all Reiki practitioners are encouraged to share.

**Sun Nov 7 & 21 and Sun Dec 5 & 19,
11:15 AM**

\$5 Love offering/donation per event.



Community Gatherings Reiki Circle

Rev. Lesa Cicciu and Fern Pearl

In the spirit of healing, please join us in creating this traditional Reiki Circle.

**Sun Nov 14 & 28 and Sun Dec 12 & 26,
11:15 AM**

\$5 Love offering/donation per event.



Reiki Mastery

Rev. Lesa Cicciu

Feeling called to master the ancient healing art of Reiki and to be attuned to this purpose? In this course you will be guided through spiritual exercises that will prepare you to receive the Master Healing Symbols, learn how to teach all levels of Reiki, and the sacred ceremony of passing attainments to your initiates. Prerequisites: Proof of Reiki I and II certifications as well as being a Reiki Level II practitioner for a minimum of one year.

Sat Nov 20, 1:00 - 5:00 PM, \$300 prepayment required.

REIKI

Reiki Level I Class & Attunement

Rev. Lesa Cicciu

Possibly the oldest form of healing, Reiki clears blockages, aligns energy, balances chakras and revitalizes you on all levels. Learn this powerful technique to channel chi/energy for yourself and others by tapping into the infinite healing life force of the Universe.

Sat Dec 4, 1:00 - 4:00 PM, \$170 prepayment required.



Teens Meditation Instruction and Reiki Circle

Rev. Lesa Cicciu

See event description under **CHILDREN & TEEN ACTIVITIES**.

Sun Dec 12, 1:00 - 2:30 PM.

SHAMANISM

Shamanic Journey: Animal Totems, Master Guides, and the Higher Self

Margaret Ann Lembo

Learn about shamanic journeying, experience the journey and receive a deeper connection with your abilities to know the an-



swers to your life questions from within. This class teaches you through experience to connect with your power animal and master guides through the experience of journeying to the Upper World. Margaret Ann will guide you into the journey and drum the sacred beat to provide the setting for a profound experience.

Bring a question or a series of questions to ask your guides and totems. Bring a blanket, notebook or journal and a bandana or eye pillow to cover your eyes.

Thurs Dec 9, 7:30 - 9:30 PM, \$25.00.

Lay Away for the Holidays!

- Shop now for all the presents that you plan on purchasing at The Crystal Garden.
- Together we will tag each gift so you'll remember who it is for and what it is.
- We'll place it all within one of our Green Bags which you will receive as a FREE gift for participating.
- You pay 10% down on the day you create the Lay Away.
- You can pay on the Lay Away as often as you wish, weekly is recommended, until the balance is paid off.
- The condition is that the balance *must be paid off by December 15th, 2010 and you may not return any items or change your mind. If you don't pay it in full by December 15th you'll lose the merchandise and the money you put down on it.*

We gift wrap it for free and attach the tag with the name and contents to the package so it is ready for you when you make your final payment by December 15th.

Calendar of Events for November - December 2010

SPECIAL EVENTS

Meditating with Music Using Toning, Chanting, Affirmations, and Mantra for Advanced and Beginning Meditators

Dean and Dudley Evenson

Learn how to use musical techniques to reach a deeper state of meditation. Clear and quiet your mind with sound, breath, toning and mantra. Let positive affirmations help control your monkey mind and inner tape loops and help you create the life you desire. Make your own personal healing mantra related to your issues. Experience three different kinds of chakra toning to balance your energy centers and enhance all aspects of your life. Use these sound and music tools to develop a successful daily meditation practice. The workshop is very interactive and enjoyable and you will leave with techniques to help your meditation practice, increase your mindfulness and assist you in living a richer, more fulfilling life. For advanced and beginning meditators.

Thurs Nov 4, 7:30 – 9:30 PM, \$20.



Basic DNA 1 & 2 Theta Healing™

Karen Truhon

Theta Healing™ is a healing modality created by founder Vianna Stibal and is being taught worldwide. It teaches you how to access a theta brain wave and how to create and heal from this space. You connect to the energy of *All That Is* and witness the healing. It teaches you how to muscle test and identify limiting subconscious beliefs that are holding you back, learn how to do readings and healings for yourself and others.

Fri/Sat/Sun Nov 12 - 14: Friday 8:30 AM - 5 PM, Saturday 9 AM - 5 PM, Sunday 9 AM - 5 PM, \$500 for the 3-day workshop, \$100

nonrefundable deposit is required to hold space in class due by Nov 1. Theta practitioners may attend 3-day workshop for \$150 or \$50 per day.



Private Sessions: Theta Healing™

Karen Truhon

A personalized session to identify what subconscious beliefs are holding a client back from the life they desire, pull the beliefs from their DNA and download positive beliefs and provide healing.

Tues Nov 16, 11:30 AM - 5:30 PM, \$60 for ½ hour, \$120 for 1 hour, appointment and prepayment required.

Call (561) 369-2836 to schedule your appointment.

Did you know . . . you can do LAY AWAY FOR EVENTS?

We offer the option to set up a lay away for any of the more expensive events. Pay a little each week and just be sure to pay it off by the time the event occurs.

TAI CHI

Tai Chi-Chi Kung: Beginners & New Students **Sifu (Teacher) Gary Tong, Certified Instructor**

Learn natural ways to improve balance, focus, memory and concentration. Strengthen the immune system, reduce anxiety and mood disturbances. Improve functions of circulatory, respiratory, nervous, digestive and endocrine systems.

Tues Nov 2, 9, 16, 23 & 30, \$60 prepaid for the 5 week series or \$15 each class, maximum 10, 6:00 - 7:00 PM.

Tues, Dec 7, 14, 21 & 28, \$50 prepaid for the 4 weeks series or \$15 each class, maximum 10. 6:00 - 7:00 PM.



Tai Chi-Chi Kung: Intermediate/For Those Who Have Learned the Circle Form

Sifu (Teacher) Gary Tong, Certified Instructor

Learn natural ways to improve balance, focus, memory and concentration. Strengthen the immune system, reduce anxiety and mood disturbances. Improve functions of circulatory, respiratory, nervous, digestive and endocrine systems.

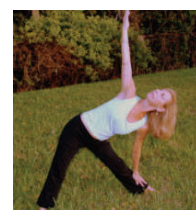
Thurs Nov 4, 11 & 18, \$40 prepaid for the 3 week series or \$15 each class, maximum 10, 6:00 - 7:00 PM.

Thurs Dec 2, 9, 16, 23 & 30, \$60 prepaid for the 5 week series or \$15 each class, maximum 10, 6:00 - 7:00 PM.

YOGA

Beginner's Gentle 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 Nov 1, 8, 15, 22 & 29, \$60 prepaid for the 5 week series or \$15 each class, maximum 8, 11:15 AM - 12:15 PM.

Mon Dec 6, 13, 20 & 27, \$50 prepaid for the 4 week series or \$15 each class, maximum 8, 11:15 AM - 12:15 PM.

Save \$5

You will receive a coupon when you attend a class that will give you \$5 off a purchase of merchandise totaling \$20 or more before sales tax. This offer is available in person at the physical store.

Our events are profound! Come join us!

Offer Expires: within a week of the date of the event you attend.

Calendar of Events for November - December 2010

YOGA

Yoga Foundations for All Bodies

Carlee Kalyani



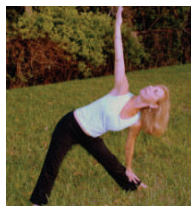
Do you experience challenges in your body? Does your back feel tight? Do you struggle with illness? Everyone's body is unique. In this series you will experience Anusara-inspired hatha yoga sessions that bring more space into your body and allow you to experience your full potential. Proper alignment 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 golf and tennis. Do the things you never thought possible and go beyond self-imposed limitations. You will be amazed at the results!

**Tues Nov 2, 9, 16, 23 & 30 and Tues Dec 7, 14, 21 & 28
12:00 - 1:00 PM, \$10 per class.**

Beginner's Gentle 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*.

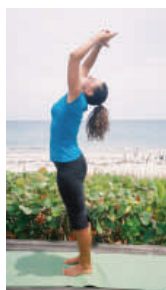


Wed Nov 3, 10, 17 & 24, \$50 prepaid for the 4 week series or \$15 each class, maximum 8, 6:00 - 7:00 PM.

Wed Dec 1, 8, 15, 22 & 29, \$60 prepaid for the 5 week series or \$15 each class, maximum 8, 6:00 - 7:00 PM.

Easy Does It Yoga

Gina Marie Demestre



Yoga is an individual experience, consisting of poses that will mean many different things to many people. These poses and the ability to stretch will develop over time always being non competitive. This means being patient, honoring the body's wisdom not the ego's pride.

Fri Nov 5, 12, 19 & 25 and Fri Dec 3, 10, 17, 24 & 31

12:00 - 1:00 PM, \$12 per class.

Note about Holiday Hours:

We will be closed for the holidays

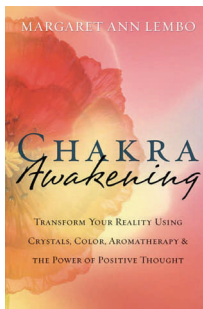
Thurs, Nov 25th and Fri, Dec 25th and

will close early at 4:00 p.m. Thanksgiving eve, Nov 24, Christmas eve, Dec 24th and New Year's eve, Dec 31st.

COMING IN 2011!

Chakra Awakening Workshop: Level 1

Margaret Ann Lembo



Llewellyn Worldwide April 2011

Bring balance, prosperity, joy, and overall wellness to your life. Use gemstones and crystals to tap into the amazing energy within you. This in-depth and practical workshop gives you the tools to understand, activate and balance the seven main chakras that influence everything from prosperity and self-confidence to communication and intuition. Experience simple techniques with gems, crystals, affirmations and aromatherapy to manifest any goal and create positive change in your physical, emotional, and spiritual well-being. You will also learn some

stone identification and how to incorporate gemstones into your daily life. Recommended Reading: *Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy and the Power of Positive Thought*. *Chakra Awakening* also features color photos and exercises for clearing negative energy, dispelling outdated belief systems, and identifying areas in your life that may be out of balance. This workshop replaces Crystal Healer Certification Level 1. There is no certificate with this revised and renamed workshop.

Bio: Margaret Ann is the owner of The Crystal Garden and the author of *Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy and the Power of Positive Thought* (Llewellyn Worldwide) in print April 2011

Saturday, January 29, 2011 10:00 AM - 5:00 PM (Lunch break 1 1/2 hours) \$111, prepayment required, max 28.

Chakra Awakening Workshop: Level 2

Margaret Ann Lembo

Level 2 is designed to apply the teachings of Chakra Awakening for balancing the mental, emotional and spiritual bodies through Crystal Alignments or the laying on of stones. Gain deeper knowledge of various gemstones and crystals. This is an experiential workshop with meditations, third eye development, activation of healing energies that run through you, development of connection with your Master Healing Guide and remembrance of the crystal healing work from other lifetimes. You will experience exercises to develop intuition, and how to intuitively read the body. You will practice laying crystals and gemstones with a fellow participant. You will receive a certificate as a Chakra Awakening Practitioner. *Note to those certified in Crystal Healer Level 1:* This workshop is the revised and renamed for the workshop previously known as Crystal Healer Certification Level 2.

Fri, Feb 18 6:30 - 9:30 PM and Sat, Feb 19 10:00 AM - 5:00 PM, \$188, prepayment required, maximum 10.

POLICY: Call if you are coming to a class by 5:00 p.m. 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.