

Stand Firmly in Your Personal Power



When: April 5, 2014

Where: Mountain Spirit Co-Op

Time: 10:00 am – 12:00 pm

107 N. Cortez Street, PRESCOTT, AZ

Fee: \$20.00

(just off Gurley-opposite National Bank)

Learning to take care of our 'energy' body and be 'centered' within ourselves as we navigate the ups and downs of life, is crucial in these much accelerated times. While we may not be able to control the challenges which come our way, we CAN learn hands-on tools, which instantly connect us with our inner calm, while we strengthen and stabilize our core.

You'll learn basic Qi Gong and Reiki energy exercises (not strenuous) and participate in Guided imagery exercises, to assist in connecting more fully to the reservoir of inner strength, and spiritual wisdom.

To register: please email Margaret at margaret@margaretsweet.com or call 928-778-0065. Please indicate if you'd like to pay via PayPal and an invoice will be emailed to you.

Margaret is a professional Astrologer, with experience in Guided Imagery, Meditation, Reiki and Qi Gong. She has studied yoga, as a spiritual path, for 35 years.

Visit website: www.margaretsweet.com