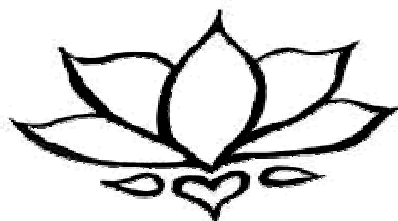


CONNECT WITH YOUR INNER GODDESS!!



ONE DAY WORKSHOP SUNDAY JUNE 1th 11.30am –4.00pm

GUIDED MEDITATION'S

FUN CRAFT WORK

GODDESS YOGA *NEW TO THE UK!!*

CHANTING & VISUALISATION

PERSONAL WORK ON YOUR OWN INNER GODDESS

TAROT READINGS

VEGETARIAN SNACKS AND REFRESHMENTS

This workshop will take you on a wonderful journey of self-discovery. You will acknowledge the inner energy inside of you which is part of the divine feminine, from the archetypal triple aspect of maiden mother and crone, to your own unique goddess!

Working and discovering a variety of goddess energies you will enjoy a journey of empowerment to discover what divine feminine strength means to you. This is meant to be a fun and enjoyable day, with people who want to experience a spiritual connection to the feminine inside of them! We all part of the goddess, we just need to reconnect.

Learn about breath awareness through pranayama and relaxation techniques to connect with your inner goddess with Emma a spiritual holistic yoga practitioner.

The event will take place in Hylands Park in Chelmsford, Essex. Numbers are limited as the classes are kept small and personal, the price is £50.00 and includes all materials.

Jade is a holistic spiritual practitioner, qualified in Indian Head Massage, crystal Healing, ethereal crystals and angel work. She also runs various workshops throughout the year, see website for further details. Please contact Jade at the e mail address/phone shown here if you have any queries or would like to join this event.
jade@jadescauldron.co.uk 07960 387524 www.jadescauldron.co.uk

(venue subject to change depending on the weather)