

Manifestation Workshop

The Art of Attracting and Receiving Your Desires

Presented by New Health Visions and Wings of Freedom

We all continuously manifest our intentions through our thoughts, decisions, and actions. However, sometimes our fears, worries and unconscious beliefs sabotage the very things we truly desire. This workshop will help you clarify what you want in your life and pinpoint, clear, and transform that which gets in the way of your optimal potential. Bring up to three intentions to class that you'd like to see manifested in your life.

Workshop outline

- Opening ceremony
- Introducing ourselves and why we're interested in this workshop.
- Discussion/lecture on how manifestation works.
- Guided imagery to help clarify our intentions.
- Create a "tight" intention based on the intention(s) brought in to workshop and guided imagery insights.
- Small and large group discussion to help understand what is important in our lives and give feedback on each other's intentions.
- Guided imagery to get in touch with what is interfering with our intentions.
- Small and large group discussion on this.
- Guided imagery and group energetic healing of issues, beliefs, etc., interfering with our intentions.
- Guided imagery on vividly experiencing our intentions with all our senses as though it's happening now. See, hear, touch, taste and smell it!
- Small and large group discussion on our experiences.
- Creation of a manifestation grid using stones.
- Closing ceremony.

Date: Saturday, March 17

Time: 9:30 AM – 3:30 PM (provide own lunch)

Place: The Roseville Professional Center, Lower Level

2233 N. Hamline Ave: SW corner of Hwy 36 & Hamline Ave, Roseville

Cost: \$90

To Register Maureen Higgins 651-665-0104 or Kristin Funk 651-644-6454.

If you'd like to sit or lie on the floor during the guided imagery segments, please bring pillows, yoga pad and/or a blanket for your comfort. Feel free to bring other comfort items, such as snacks and a sweater.

