

Working the Law of Attraction and Exploring Subtle Energies

Sunday, Oct. 23, 9:00a -2:00p
\$50 before Oct. 15*

Be Well Now – 462-3900
221 E. Center Dr. Alton



“There are no accidents or coincidences in this world. Nothing is by chance. Everything you are experiencing is a direct manifestation of where you’re focusing your energy, attention and consciousness” ~ Jafree Ozwald

Do you dream of more wealth? Better relationships? A bucket-list vacation?
Want to have more passion, power and possibilities?

Vision boards are powerful tools for making your dreams come true.

This workshop draws on the **Law of Attraction and other subtle energies** to help you *discover your hidden desires, access your creativity, design your future, accept and receive the abundance of the Universe and keep you in optimum health.*

What will we do?

After a short yoga practice or meditation to get you in the right frame of mind, you’ll create a vision board. Then, enjoy a light lunch and indulge in a chair massage and/or paraffin hot wax hand treatment. After lunch, pick from several short interactive break-out sessions and learn about the subtle energies of reiki healing, acupuncture, Access Consciousness® and more.

9:00-9:20 – Welcome and explanation of the Law of Attraction
Beverages, tea breads and fruit will be available as we gather for the day.

9:30-9:50 – Morning Session – **Choose 1**

- Guided meditation ~ Lety Murphy
- Yoga in the studio ~ Angie Becker

10:00-11:30 – **Create your future**

Create a vision board using images and words cut from magazines (we provide everything). This is YOUR vision board, used to create something you want to manifest more of in your life, whether that’s a new house or job, more friends, better health or stronger relationships.

11:30-12:30 – Lunch

Leave time after a light lunch for a chair massage with one of our massage therapists or a paraffin wax hand treatment.

12:40-1:00 – Afternoon Session 1 – Choose 1

- Access Your Consciousness – Being open to receiving the Universe’s abundance is key to the Law of Attraction. Access Consciousness® is a set of pragmatic and dynamic tools and processes designed to help you get “unstuck” from unproductive patterns of thinking and old belief systems. A Bars® demonstration is included. ~ Conchita Russo
- The Healing Power of Reiki – Reiki heals by lightly laying on of hands. Learn how Reiki’s energy can activate the natural healing processes of the body and encourages the release of tension, anxiety, fear and other negative feelings so a state of peace and well-being is experienced. ~ Lety Murphy
- Kefir, the “Living Drink” – Kefir is a slightly sour, slightly fizzy beverage that’s been likened to a thin, drinkable yogurt. It provides probiotics, protein, vitamins and minerals. Among other benefits, kefir is said to boost energy, support the immune system and aid digestion. Because kefir is alive, it must be “fed” but you’ll see how easy it is to culture kefir in your own kitchen and enjoy its many benefits. Attend this session and you’ll have a chance to win a kefir starter. ~ Susan Murray

1:10-1:30 – Afternoon Session 2 – Choose 1

- Ancient Art of Chi – Qigong (chee-gong) is the ancient Chinese art and science of becoming aware of chi and learning how to control its flow through a precise choreography of posture, movement and respiratory technique. One way to control it is through tai chi. Learn about the many benefits of qigong and tai chi in this interactive session. ~ Jerry Whitten
- Release Trapped Emotions – The Emotion Code is a form of energy healing developed by Dr. Bradley Nelson that releases trapped emotions from an individual’s energy body using intention and magnetic energy. When we release trapped emotions, we dismantle blocks to success, stop underlying anxiety, depression and other negative emotions, remove causes of disease, and live life from the heart. You’ll learn an easy method of muscle testing which lets you talk directly with a person’s subconscious mind (your own or another’s), getting answers that will guide you in your healing. ~ Susan Lucasik
- Don’t Fear the Needle – Acupuncture is a component of traditional Chinese medicine that was developed thousands of years ago. It works by balancing the meridians, or energy pathways, of the body. When there is a disturbance in the balanced flow of vital energy called chi, symptoms and disease result. Inserting very fine needles along the meridians helps restore balance back to the body’s energy. Includes a demonstration of acupuncture. ~ Kay Mondin

1:40-2:00

- Closing remarks & feedback

Pre-registration and minimum \$20 (non-refundable) deposit required*

\$50 if received by Oct. 15.

\$60 if received between Oct 16-19.

Registration ends Oct. 19; no same day registration.

*If we're closed when you drop off your registration form, slip it through the mail slot in our door.

Morning Session	Afternoon Session 1	Afternoon Session 2
<input type="checkbox"/> Guided meditation	<input type="checkbox"/> Access Consciousness	<input type="checkbox"/> Qigong & Tai Chi
<input type="checkbox"/> Yoga	<input type="checkbox"/> Reiki	<input type="checkbox"/> Emotion Code
	<input type="checkbox"/> Kefir	<input type="checkbox"/> Acupuncture

NAME _____

Phone/Email _____

Mail to: Be Well Now, 221 E. Center Dr., Alton, IL 62002

Questions? Call Be Well Now (618-462-3900) or Danette Watt (618-467-8827 after Oct. 13 or email any time dmwatt33@gmail.com)