

# October Events

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## Heart-Inspired Chakra Aligned Breathwork

*BreathWork is a safe and powerful way to access your Divine connection. It enables you to get out of your way so the soul can take over and lead you on a journey of healing, insight, and wisdom. There are several kinds of breathwork. Heart inspired breathwork incorporates the unconditional love that is always available to us and the remembrance that we are love.*

**Saturday, October 4, 2008**

10am – 2pm

\$125 per person

Bring a friend and each pay \$110

## Hummingbird: Journey of Joy

*It is said that Hummingbird brings love as no other medicine can. Follow Sister Hummingbird and you will experience a renewal of the magic of living.*



Come and dip your curiosity into the sweet nectar of life by learning about the little bird of joy. We'll look at the many varieties, the various cultural perspectives of the hummingbird as well as look at the many metaphors of this healing joyful bird.

**Sunday, October 12, 2008**

10:30am – 3:30pm: Lunch Included

\$65 per person

Bring a friend and each pay \$60

## Soul/Body Fusion™

- ♥ Do you sometimes feel that your soul and your body aren't in synch?
- ♥ Do you feel ungrounded or not fully present?
- ♥ Do you know that you should have more energy and vitality, but can't get there?

*Most of us have beautiful souls and light bodies but are unable to bring it fully into our physical body. We live our life with our lights half on, unable to magnetize the health, wealth and well-being that is our birthright. The frequency of our soul and the frequency of our body are more often than not, misaligned. We might experience resistance between the two, or outright conflict and disassociation. This occurs because of life's traumas, abuses, grief and disappointments. Our soul longs to be somewhere else and our body stumbles along without the full power and presence of our spirit.*

[www.jonettecrowley.com](http://www.jonettecrowley.com)

**Saturday, October 25, 2008**

2pm-5pm

\$35 per person

Bring a friend and each pay \$30



## Joy in the Journey Fall Events

[www.joyinthejourney.com](http://www.joyinthejourney.com)

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