



## *Elements Workshop*

*Bringing your body elements into alignment once again and introducing you to your Body Elemental.*

### What to Expect.

*An afternoon of relaxation, letting go of all that does not serve you and receiving healing for all levels, Body Mind & Soul.*

*A chance to bring the body elements into balance for optimum health and revitalisation. Introducing you to your Body Elemental.*

*The afternoon will end with a wonderful Sound Healing, where I will use my harmonic healing chimes and sounding tools to wrap you in a deep, divine blanket of healing.*

- Date: **Saturday 7<sup>th</sup> April 2018**
- Venue: Endilloe Lodge ( located outskirts of Quorn.)
- Time: 1:45pm Arrival and registration for 2pm start.
- Finish: Around 5:30pm ish
- Food: A light afternoon tea will be provided
- Age Requirement: 18 and over.
- Cost: **\$100.00** (includes a beautiful surprise healing gift for you)

**What to Bring:** self, comfortable clothing, Shawl or blanket, folding chair, yoga mat, objects for altar, note paper and pen, NO ALCOHOL

*(the altar is a sacred space that will have crystals and other items on that creates a beautiful place to put any jewellery, your own crystals or photos of people/things that you would like surrounded in healing energy)*



### How Do I Register?

Contact Sharon via email at [hibiscusdreaming@bigpond.com](mailto:hibiscusdreaming@bigpond.com) or phone 0429197290.

A registration form will be emailed to you.

NB: Numbers are limited and moving fast.

**To be paid in full by Wednesday 4<sup>th</sup> April 2018**

*If you have any questions please email me on [hibiscusdreaming@bigpond.com](mailto:hibiscusdreaming@bigpond.com)*

