

## Meditation, Guided Imagery & Chakras

The benefits of meditation are endless and include:

- learning to practice coming back to love and oneself within
- going within to find your own answers
- increased intuitive abilities

The increased faith and trust within the universe and the inner well being is a powerful emotional feeling that no one can explain until the person learns to develop it and practice it themselves. It truly brings positive healthy changes to your life.

The ability to meditate is something we all can do. It is easy to learn and the health benefits are amazing. Let Jo show you how!

### In This Workshop You Will Discover

- The difference between meditation, guided imagery and visualisation.
- Different types of silent meditation.
- Psychological and physical benefits of meditation.
- How to use the “faith factor” to help heal dis-ease.
- The many uses of guided imagery.
- How to visualise and balance your chakras.
- How meditation brings peace within yourself and the planet !
- Learn all about chakras

Up and coming workshops dates are....

### Sunday June 21st

At Macarthur  
10 am to 3.00 pm

### Sunday August 30th

At Macarthur  
10 am to 3.00 pm

### *New Years Resolution Meditation & Affirmation Workshop*

### Sunday December 13

At Macarthur  
10 am to 3.00 pm  
Includes FREE Affirmation Soy Candle  
Please contact Jo to confirm dates and facility location.

### Contact Details:

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