



A Walk with Spirit

Manifest what you REALLY want in your life

This workshop is designed to open you to living your dreams.

Use seven different methods to identify blocks and grow in ways you never thought possible:

- ◆ **Walking the Labyrinth:** Use this ancient and meditative practice to achieve a change in your body, mind & emotions.
- ◆ **Aromatherapy:** The use of essential oils to create a stimulating scent that wakes you up and shifts your perspective on life.
- ◆ **Spirit Coaching:** Learn how to access your intuition and allow it to guide you.
- ◆ **Affirmations:** Powerful and positive statements to support continued change.
- ◆ **Transformational Journaling:** A process that gets to the heart of the issues and results in inspired actions, creating an exciting, productive path forward.
- ◆ **Divine Team:** Create the support system you need to manifest your dreams.
- ◆ **Workshop Guide:** A rich, detailed manual for use during and after the workshop.

Facilitators:

Hallie Sawyers - Soul Song, LMT, NCTMB – Labyrinth Society Educational Outreach Chair - Traditional Usui Reiki Master Teacher - Labyrinth Facilitator

Harriette Royer – Labyrinth Quest - Labyrinth Society Executive Committee Secretary - Labyrinth Steward - Spirit Coach

Kay Whipple - Webs and Wings - Labyrinth Society Public Relations Chair – Labyrinth Steward - Journaling Facilitator

This full day class is valued at \$150 (lunch and workbook included) and scheduled when 6 or more students indicate an interest. Classes are held in Rochester, NY, and also easily brought to your area. Please call 585.967.0009 or email Hallie at hallie@soulsong.com to schedule this course.

Hallie E. Sawyers is Educational Outreach Chair for The Labyrinth Society, Nationally Certified in Holistic Aromatherapy and Therapeutic Massage and Bodywork, a Traditional Usui Reiki Master Teacher, Master Instructor of Integrated Energy Therapy, an instructor for the Finger Lakes School of Massage, Category A approved CEU provider for the National Certification Board of Therapeutic Massage and Bodywork and Educational Outreach Chair for the Labyrinth Society.