

# *Meditation and Guided Imagery Workshop*

April 16, 23, 30<sup>rd</sup> 10:30am-12:00 Monday Morning Workshop

Or 6:30-8:00p Monday Evening Workshop



**Join this 3 week workshop to learn powerful meditation and imagery techniques, You will learn:**

- The difference between meditation, guided imagery, and visualization
- Different types of silent meditation
- Psychological, as well as physical, benefits of meditation
- The many valuable uses of guided imagery
- How to visualize and balance your chakras
- How your meditation can help bring peace to yourself and loved ones.

**Most importantly how you could bring this into your everyday life.**

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***About your workshop leader:***

***Jennifer Castaneda is a Registered Nurse, Reiki Practitioner at Sharp Hospital and a Licensed Heal Your Life Workshop teacher.***

10 Students Max, CALL 862.571.1880 -Reserve Your Seat. Workshops in Ocean Beach.

WWW.REIKIHEALINGANDMORE.COM

PRICE \$30/ DAY OR \$75 FOR FULL WORKSHOP (Hand Outs and Snacks included)

Private workshops also available

