



## Complete Vibrational Therapies

- An example of a 6 hour spiritual party with 6 or more participants
- Host receives a \$99 gift voucher towards future services as a thank you for booking

### Outline Of The Day

Time	Subject	Activity
10:00am	Power of positive thought & the mind-body connection	Work towards being the best version of yourself that you can be by letting go of thoughts and feelings that no longer serve you and thinking and feeling positive. Discussion and group activities
10:45am	Guided meditation	Be taken on a journey with the focus of making changes from within by incorporating all that you have worked on in the 'Power of Positive Thought' activity
11:30am	The chakras, aura and subtle energy bodies	Learn about the chakras, aura, subtle energy bodies and how they influence your wellbeing. Discussion and group activities
12:15pm	LUNCH - yay!! & Discussion on colour	While enjoying lunch, learn about and have a group discussion on colour and it's influence on the chakras, aura, subtle energy bodies, our mind/ emotions, physical body, environment that we live/ work in
1:00pm	Crystals	Learn about crystals and their influence on the chakras, aura, subtle energy bodies, our mind/ emotions, physical body, environment that we live/ work in. Discussion and group activities
1:45pm	Reiki	Reiki is generally the first energetic healing modality that people learn. Understand what it is, why it isn't just 'channeling energy' and how it can make a difference in your life. Discussion and group activities
2:30pm	Psychic and spirit medium	Understand the differences between psychic and mediumship work, how it works, and what information can be gathered from these sources. Discussion and group activities
3:00pm	Sound vibration healing	Learn about sound vibration healing and it's influence on the chakras, aura, subtle energy bodies, our mind/ emotions, physical body, environment that we live/ work in. Discussion
3:15pm	Sound vibration healing meditation	Drift away to the blissful sound of crystal and Tibetan singing bowls, native American drum and flute, rain sticks, tuning forks and much more! Enjoy relaxing deeply and letting go to this unique and not to be missed experience
4:00pm	Conclusion of day!	