



## 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	Activity	Description
10:00am	<b>Talk/Discussion:</b> Introduction to the aura, chakras and subtle anatomy	Explanation what the aura and chakras are, the colours associated with them and details of how each one influences our life - body, mind, emotions, life events
10:30am	<b>Demonstration:</b> Psychic Aura Reading	An aura reading is offered to each participant in a group setting. Explanation of what is felt in the aura as well as the shapes and colours seen and what this may mean
11:00am	<b>Meditation:</b> Introduction to quick and easy relaxation techniques	Learn about and put into practise some effective meditation techniques for relaxation and stress reduction at home
11:30am	<b>Talk/Discussion:</b> Using crystals and colour to influence wellbeing	Understand how a variety of crystals and colour can be used around the home, work and on your person to positively influence wellbeing.
12:00pm	<b>Group Activity:</b> Psychometry and psychic ability - <b>**bring an item of jewellery/watch</b>	Be guided to get in touch with and unleash your psychic ability in a fun and nurturing environment. You may be surprised with the results!!
12:30pm	<b>Meditation:</b> Sound Vibration Healing	Lay down or sit and drift away with the soothing and deeply relaxing sounds of Tibetan & Crystal singing bowls, native American drum, rain sticks & much more!
1:00pm	<b>Lunch:</b> Lunch & question time	Time to eat and stretch your legs!
1:30pm	<b>Talk/Discussion:</b> The power of positive thought and the mind/body connection	Our thoughts can have a strong influence on the way we feel emotionally as well as physically. Explore techniques to keep 'thinking in positive' and how you can change the way you experience life
2:00pm	<b>Group Activity:</b> Work/success and negative belief systems	A powerful exercise in discovering/understanding negative belief systems and how they impact your work/success
2:30pm	<b>Talk/Discussion:</b> Health of the aura & chakras in the workplace	Explore how the aura & chakras can be influenced from interactions in high-stress environments. Learn and practise some effective ways to protect the aura while at work and how to cleanse, balance and charge them after work
3:00pm	<b>Group Activity:</b> Surprise Activity	This activity is a secret! Just a little something to look forward to, that you haven't read about first :-)
3:30pm	<b>Meditation:</b> Guided Meditation for deep relaxation <b>**bring a pillow to lay down, if you like**</b>	Be guided to visualise a journey that takes you to a far away place where relaxation is the only focus. Feel your muscles melting away and our mind really let go :-)
4:00pm	Conclusion of day!	