

Workshop Proposals
Angie D'Anjou, Spiritual Consultant
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Basics of Meditation Workshop

This two hour beginner workshop offered by Angie D'Anjou, Spiritual Consultant/Coach is designed to allow an individual to explore a variety of Meditation Methods. What works best for you?? Introduce yourself to the many options of practicing meditation and learn how simple meditation truly is. It is suggested that participants dress casually since there will be easy interactive activities included throughout the entire workshop. Upon completion each participant will have the opportunity to acquire a Beginner Meditation Workshop Certificate of Completion.

Angie's Weekly Inspirational Guided Meditation Group

Join Angie D'Anjou, Spiritual Consultant and Coach on an Inspirational Journey! Each week a different Inspirational Guided Meditation will be offered. Each meditation script offered is derived from Intuitive Writings that are received by Angie from the angel and spirit world to share with those who attend the gathering. Each has it's own special reflection, to bring those who are sharing in the experience a relaxing and rewarding escape from the ordinary, which helps one in their life journey. This group meet for approximately 1 ½ hours.

Basic Chakra Studies

This study group will utilize information offered through Angie D'Anjou, Spiritual Consultant/Coach which will describe and show the benefits of our bodies Chakra System. Learn what the Chakra System is, how important it is to our balance, as well as methods to protect our energy from being depleted. In this 3 hour Study Workshop Angie will bring to life the Chakra System for all to understand, offer ideas on vitalizing the chakra system, and allow all participants to join in activities that will help in enhancing your Chakra Balance.

Group Chakra Balancing Session

Are you feeling emotionally drained? Stuck? Overwhelmed? Allow yourself to take part in a Group Chakra Balancing Session with Angie D'Anjou, Energy Healing Practitioner. During this 45 min session you will be guided through a series of activities utilizing sound, color, and movement in order to bring balance to your inner energy system. Working with Balancing the Chakra System and Enabling each participant to release the negative vibrations which have been building up over time. This process will help in enhancing everyone's ability to feel peace, calm, and balance.

Workshop Proposal Continued:

Group Akashic Record Journey

Join Angie D'Anjou, Spiritual Consultant/Coach in a delightful journey to visit your Akashic Records! Let Angie guide you to a place where you may meet your Akashic Record Keepers, be presented with your Book of Akashic Records and journey into one of your past or future life lessons. This delightful guided journey is a great way to begin basic exploration of your Akashic Records. Angie offers insights to all who participate on the information that is presented. This journey generally is approximately a 2 hour gathering.

Group Past-Life Regression Session

During this two-hour group gathering Angie will bring you to a time before time to explore one of your past life memories. The session begins with a lesson on how to determine true feelings of being in a regression and those that are made up. After the brief lesson all participants will embark on a journey to their past-life that was one of the happiest. At the end of the session participants will have the opportunity to journal their experience and share it with the group if they wish.