

Meditation is not a practice left for sages or mystics in temples or caves. It is something that highly successful people do (knowingly or unknowingly) and is completely accessible to almost anyone, in any walk of life. The only requirements: firm commitment to practice and finding a starting place.

In this 60 minutes, we will explore a guided crystal meditation. This practice is designed to enhance ones connection to self, quiet the mind and increase one's understanding of the belief systems that one moves from unknowingly.

This practice is designed to:

- restore and relax the body & mind
- Enhance clarity
- more energy

Michelle has been working with healers from all over the world for the past 10 years. She works with the healing energy of Reiki and her connection to the spiritual realm to increase her understanding of the physical world and her place in it. Michelle believes this meditation practice is healing and promotes wellbeing. She is happy to share this practice with her students.

**Crystal Healing Meditation**  
**Saturday, June 13<sup>h</sup> 10:45pm**  
**Sign up with Membership**  
**\$20 BEYOGA \$25 Guests**

