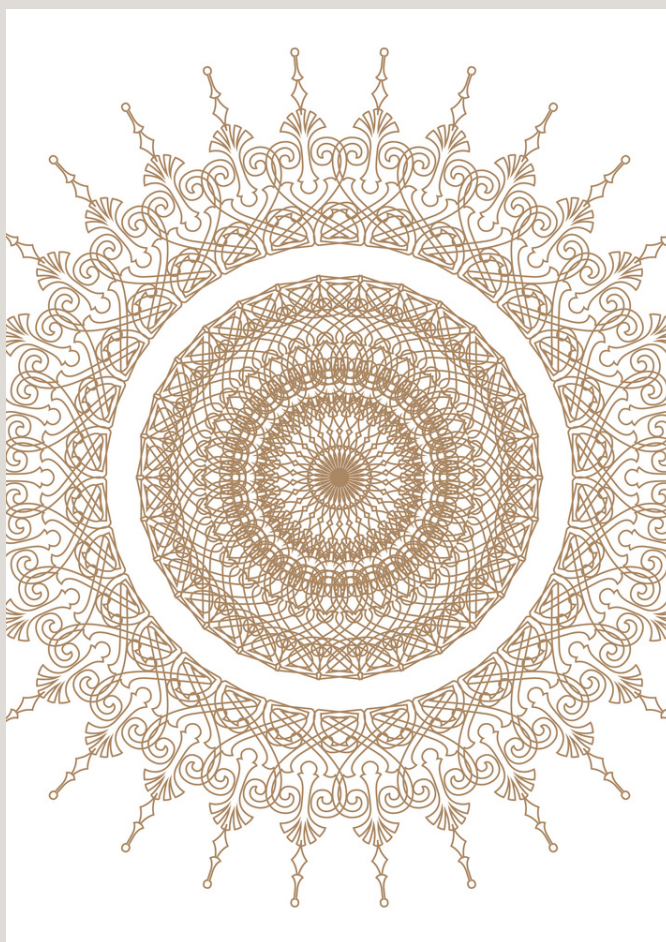


Discover the tools to  
nurture your well-being  
and find inner harmony.

# MEDITATION WORKSHOP W/ VIRGINIA RAY



**WORKSHOP: Discover your Self - Life Patterns w/ Virginia Ray**

Explore the inner galaxies of the mind and observe the patterns (habits) that we never seem to overcome. Do you ever ask “Why is this happening again?” Or “Why me?” By observing the patterns (habits) from another perspective, information about your direction in life can be revealed.

This is an adventure of personal discovery. First, we will observe the patterns we have created that sit within us, some we are aware of and some we are not because they have become so much a part of us. Unconscious habits, like how you walk and talk, etc.

This class is dedicated to help you magnify the excitement of living. Explore the inner galaxies of your mind and enjoy the voyage. Regressions are gifts from your memories.

**Format:** Discussion, Meditation, Q&A

**Schedule:**

- Define the patterns of your past
- Discover the Inner Self
- Souls Remembrance
- Hall of Records (Akashic Records)



**4 sessions: 1 1/2 hour each**

**Place:** Quantum Health Organics 17007 e Colony Dr # 105 Fountain Hills, AZ 85268

**Date:** Each Saturday, February 2024 (3,10,17,24)

**Time:** 10:30 - 12 noon

**Investment:** : \$40pp per class

**Registration:** quantumhealthorganics.com or call 480-826-0705 to Reserve.

