



February Workshops

Facilitated by Janine Donnellan

Paranormal & Spiritual Advisor from Spheres of Light and now appearing on Psychic TV.

Feb 5th - SpellCasting at Embrace, Miranda

5:30 - 7:30pm

“Turning your 2012 Aspirations into a Reality”

You will be taught the basic techniques for casting a spell, plus you will be making a Spell Card which will encapsulate all of your hopes & desires for this year.

Feb 7th - Weekly Meditation at Embrace, Miranda

6:00 - 7:00pm

Come on a soul journey through meditation and allow yourself to become an integral part of the natural world. Meditation is simply the process of stilling the mind so that all wants, needs, and desires disappear.

Feb 18th - What is Wicca at Lotus, Wollongong

1:00 - 3:00pm

You will be introduced to basic Pagan philosophies and you will learn the mechanics of circle casting and creating sacred space. You will experience alternate realities through meditation and ritual.

Feb 25th - Aura Reading, Wollongong

1:00 - 3:00pm

At this workshop you will learn techniques to read and interpret the colours of the Aura and how to apply this knowledge in your everyday life.

*Lotus Health &
Wellbeing Centre, 246
Crown St, Wollongong
Bookings: 02 4226 4740*

*Embrace, Shop 1015
Westfield,
Miranda NSW 2228
Bookings: 02 9531 0009*