

Sedona

Law of Attraction Workshop

Where Spirituality and Law of Attraction Meet

Focus: Nutrition

Saturday

6 am - 7:30 am

Qigong Meditation outside, if weather permits (Optional)

9 am - 12 pm

with 15 min Break

Creative World and Nutrition

Vibrational Levels of Food

How to determine if you are in alignment with health

Exercise: Being mindful of your alignment

Questions and Answers

1:30 pm - 4:30 pm

with 15 min Break

Spiritual Guidance and Nutrition

Your unique path to nutritional needs in a creative world

Exercise: Asking for guidance

Exercise: Receiving Messages from your Source

Exercise: Developing your unique nutritional plan

Questions and Answers

Additional Activity

Group Sedona Vortex Meditation

(Max 6 people) - \$100/person

Offered Friday night and Monday morning



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6 am - 7:30 am

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9 am - 12 pm

with 15 min Break

Raising your Vibration to attract healthy foods

Ways to Raise your Vibration

Developing New Nutritional Stories

Multiple Exercises: Create your New Story

Questions and Answers

1:30 pm - 4:30 pm

with 15 min Break

What Happens as you Raise your Vibration

Having Fun

Exercises: Creative ways to have fun

Developing Routines

Exercise: Develop your Routine

Questions and Answers

Getting additional Help with Next Group Coaching Event

Note: This is an intuitive workshop so please allow for a natural unfolding of topics and events. Additional topics and questions may need to be addressed more fully. Any topics not discussed will be addressed in the free group coaching/webinar sessions. Each participant receives 3 months of free group coaching/webinars to help deepen their creative power.

