

Whole Being Explorations presents

Healing Meditation Group

Guided healing meditations crafted around a different life area, topic, or theme each evening. Grounded in the practical challenges of everyday life, and yet touching the soul essence of who we are.

- **Learn energy anatomy and self-care.**
- **Practice relaxing meditation techniques.**
- **Enhance your spiritual guidance.**
- **Release karmic energies and blocks.**
- **Create positive vision and change.**

Relax, explore, play in a safe space full of amusement and insight.
Open to all levels of experience and curiosity.

Led by Alan McAllister, CCHt, PhD-phys.

WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT

Alan brings 30 years of study and practice in both physics and metaphysics to his understanding of life as an energetic being. He is a gifted teacher, who has been leading meditations and workshops for over 15 years. You will benefit from a unique blend of intuitive and energy tools combined with transpersonal therapeutic techniques.

Alternate Thursday nights from 7:00-8:30 pm

For specific dates check www.wholebeingexplorations.com/spirit/events.html

\$10 donation requested

For Information and Location

303-545-5562 or ahm@wholebeingexplorations.com