

**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](http://WWW.WHOLEBEINGEXPLORATIONS.COM/SPIRIT)

Alan brings 25 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 10 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](http://www.wholebeingexplorations.com/spirit/events.html)**

**\$10 donation requested**

For Information and Location

**303-545-5562 or [ahm@wholebeingexplorations.com](mailto:ahm@wholebeingexplorations.com)**