

Awaken to the JOY of SPRING

An Inspiring & Empowering, Experiential Play/Work-shop



Come as You are - Go Home as Your True Self

Shake off winter, clear away the old, step into the Power of Now!

Walk in BEAUTY and BALANCE, HEALTH and HARMONY

Feel 'SPRING' in your Feet; Flow with a LIGHTNESS of BEING

Time to OPEN Your HEART, to RISE & SHINE and Fly F R E E

BREATHING Exercises to Clear, Expand & EVOLVE

HEART Opening HEALING to Release Fears & Feel PEACE

ELECTRO-MAGNETIC Field Balancing and DORN Methods to 'GRACEFULLY ALIGN'

Sacred SOUNDS to Enhance your SOUL's inner JOY!

MEDITATIONS for Wisdom, STILLNESS & SILENCE

Divine DANCE to Flow in BALANCE & IGNITE PASSION

SOUL JOURNEYS to Feel Divine TRUTH & LOVE

ENERGY Transmissions to ACTIVATE your POTENTIAL

Are You Yearning to Feel Lighter and more Free?

Have you felt that bubbling energy inside, wishing to Express and Create aNew, You?

This is a Transformative and Re-Vitalising weekend to Open Your Heart more than ever before; Allowing yourSelf to go a little Deeper within; Inspiring and Empowering You to Rise and Fly ever Higher!

Andara recognises and Awakens Your True Divine Essence. She has a rare Gift of Grace. Barbara T (USA)

24 - 25 March

CAMBRIDGE

Abington Barn (M11/A11)

£110.00 for Weekend

(£66 Saturday only)

Reservations & more Details

Karen: 07817 887557

info@karentingley.com

Andara Shekina
Alicia Mary Smith

Join me on
[Facebook](#)
& [Twitter](#)

Creator: [Andara Shekina](#)
to find out more, please visit
www.aliciamarysmith.com

Co-Creator: [Karen Tingley](#)
to find out more, please visit
www.karentingley.com



Creator of 'Journeys to Inspire and Empower'
[Andara Shekina](#) - Energy Alchemist & Visionary
Coming from Aphrodite's Sacred Isle of CYPRUS
'Your Loving Wisdom Transformed Me. I Feel Free'

'Gracefully
Aligning' You,
through Reiki,
Massage and
Dorn Method

