

Journey to the centre of the earth

With Trevor Warren

The workshop

We will start the day discussing our energy systems and how we create blockages that prevent us from standing in our power as our true self.

This will lead us into the first meditation to clear our energy system and expand out to embrace more of who we are.

We will then have a session with the crystal bowls to heal and clear our chakras.

After lunch we will have a time of discussion to help our understanding of our true self and ancestry. This will lead to time spent with some magnificent crystal beings; including a large crystal skull, a shining one, an ancient one and many others of significance.

Moving forward to the main meditation which will take us on a journey to anchor our higher frequency into our earth centre to bring changes to our world.

Following the meditation we will have a gong bath to clear any interference patterns that could facilitate the recreation of blockages and negative belief patterns.



Cost will be £55.00
Time 11.00am - 4.30pm
Please bring your own packed lunch. Tea/coffee supplied.

Book on 07775902460
Or email: trevor2603@hotmail.com

