

# CRYSTAL - COLOR - LIGHT MEDITATION



REV. TERRI A. HEIMAN  
SPIRITUAL ACTIVIST/TEACHER



2ND THURSDAYS OF THE MONTH:

OCTOBER 8TH

NOVEMBER 12

DECEMBER 10

FROM 7:30 - 9:00PM



MEDITATE WITH THE ENERGY OF CRYSTALS, COLORS AND LIGHT VIBRATIONS. ALLOW THE ENERGY OF EACH TO RAISE YOUR VIBRATION. LET GO OF THE LOWER VIBRATIONS OF FEAR, STRESS, WORRY AND RISE UP TO PEACE, LOVE AND LIGHT. LEARN THE PROPERTIES AND POWER OF THE STONES AND COLORS TO ALIGN THE CHAKRAS AND OPEN YOUR CONSCIOUSNESS TO ALL THAT IS. EXPERIENCE THE LIGHT AND ACTIVATE YOUR LIGHT BODY.



DROP IN: \$20  
YOGA SERIES ACCEPTED

