

# Crystals Workshop

with Pendulum Chakra Balancing

Sunday 16th June 1-5pm, O'Halloran Hill

Come and spend an enlightening afternoon learning about crystals – how to choose and safely work with them to support to your health and well-being – and so much more! Learn how to use a pendulum and perform a crystal chakra balance – a powerful healing technique to use on yourself and others. Enjoy a mindful meditation experience as we share a guided journey with crystals.

You will learn :

- How to choose, cleanse, energise, keep and maintain crystals
- An overview of the chakras – the body's energetic system
- How to put together a basic crystal toolkit
- The energetic properties of various crystals and gems
- How to use a pendulum
- How to perform a crystal chakra balance
- Tips on grounding and energy awareness



A fun, relaxed afternoon spent with like-minded people learning about, and playing with these gorgeous and unique power-houses.

**Exchange** : \$80 per person, payable as a \$30 deposit upon booking and \$50 due on the day. **Bring a friend and pay just \$70 each with payment made in full upon booking.** Afternoon tea provided, including comprehensive learning materials and a take home gift.

Bookings essential via [www.lotusstar.com.au](http://www.lotusstar.com.au)

Elizabeth James : Holistic Health and Well-being

Intuitive Soul Art ✨ Readings ✨ Meditation ✨ Spiritual Development

Past Life Regression ✨ Crystals & Colour Therapy ✨ Reiki ✨ Support Circles

[www.lotusstar.com.au](http://www.lotusstar.com.au)  [facebook.com/lotusstartherapies](https://facebook.com/lotusstartherapies)

