

Spring Events & Workshops

April



Small Group Meditation, with Donna McClurg

You probably recognize Donna from in our shop. We are pleased to share she has newly completed a meditation course and is eager to share it with you. In this session Donna will lead you in a relaxing guided meditation. No experience necessary, and everyone is welcome. Please dress comfortable, and bring a light blanket. This is a sitting meditation. Chairs will be provided, but you are welcome to bring your meditation cushion if you prefer. **Thursdays April 11 & 25, 7pm – 8pm \$25+HST per person per session.**

**To register please call InSpirit Centre 289-891-7711*

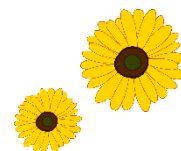
Make An Intention Bracelet, with Barbara Ford

In this fun workshop, Barbara will guide you through the energies we are in, and help you to set meaningful goals that align with your soul. Then we will move into making your own unique gemstone bracelet and infuse it with your energy. The best part about this, is the bracelet has meaning that only you will know, and this bracelet will help you to step boldly into your future. All supplies will be provided. **Saturday April 27 11am – 12pm \$25+HST *To register please call InSpirit Centre 289-891-7711**

Energy Essential For Empaths Workshop, with Barbara Ford

Empaths and other energy sensitive people, need to take self-care seriously for their own well-being. In this session we explore signs that you have taken on too much energy or are being depleted. We will also discuss ways to energetically manage stressful situations. In this 1-hour session, we will walk you through key warning signs, and daily techniques you can easily incorporate into your day-to-day life. By better managing your overall empathic energy you can greatly improve the quality of your life.

Saturday April 27 1pm – 2pm \$25+HST *To register please call InSpirit Centre 289-891-7711



Intro to Chakras & Meridians, with Barbara Ford

In Eastern Medicine, it is well established that all living things comprise of energy. This energy is defined through Chakras and Meridians. This session is designed to help you understand what the 7 major chakras are, and how they relate to your health and well-being. We will also explore some key meridians and learn basic methods for clearing them. We will close the session by learning some simple techniques you can do on your own to help you keep your chakras & meridians in good working order.

Saturday April 27 3pm – 4pm \$25+HST *To register please call InSpirit Centre 289-891-7711

Tea & Tarot Workshop, with Christine Ford

Are you trying to learn how to read tarot but find it confusing or intimidating? Would you love to get “off book” and into the flow of reading for yourself and others? Would you love to pick up any tarot deck and read it well? If this sounds like you, come and join us for tea and tarot!

Our monthly workshop series is designed to help you learn to read tarot and gain experience through open reading exercises and improving our visual literacy skills. Every month we'll explore new reading techniques to develop your skills, plus you'll receive a 10 page handout with card spreads, lessons and resources to add to your collection of learning materials. Everyone Welcome!

Tuesday April 30 and Tuesday May 28 6:30pm – 8:00pm \$25+HST per person per session

**To register please call InSpirit Centre 289-891-7711*

Hey... Guess what?

You can now book personal appointments through our website! Of course you can always call or pop in. The option is yours.



InSpirit Centre
Georgetown On 289-891-7711

May



Reiki Level 2 Certificate Program, with Barbara Ford (4 People Maximum)

As a follow up to Reiki Level 1:

We will discuss symbols that can be incorporated into your sessions, including symbols for emotional reiki sessions and reiki distance symbols. We will also discuss more of the history of reiki, and work towards refining your skills further. We will also explore Reiki Symbols and how they can enhance your practice. In addition, you will receive your 2nd attunement.. As with the Reiki level 1, half of the day is spent in theory discussions, and half in practical hands on practise.

*Level 2 completes your Reiki training. Reiki Master Level is only needed if you intend to teach Handouts and a certificate of participation is included. Please note: Level 1 and 10 case studies is a prerequisite. Please bring in a photocopy and contact info of your reiki master from level 1, 1 week prior to course if you did not take level 1 with Barbara. **Sunday May 5 10am – 6pm Cost: \$245 +HST per person, includes a workbook, an attunement and a certificate of participation**

A 50% non-refundable deposit is required at time of registration. To register please call [289-891-7711](tel:289-891-7711)



How To Bring More Energy Into Your Home Workshop,

with Barbara Ford We've all had moments when you've walked into a place and felt "ahh so nice!" We've also had times when we've walked into places and thought "Bleck!" This is the difference between good and bad energy. In this workshop we explore together different elements that contribute to having positive energy in your home, as well as those that contribute to having negative energy. Learn easy ways that you can keep the energy in your home positive and uplifting so you and your family can feel happier and your home more welcoming.

.Saturday May 25 11:30am – 12:30pm \$25+HST *To register please call InSpirit Centre 289-891-7711



Weekly Services



Barbara Ford

Multidimensional Readings
Akashic Records Readings
Mediumship Readings
Mentorship
Reiki Master Session
Spiritual Advisory for Business
Paranormal Energy Clearings



Christine Ford

Psychic Crystal Toss
Readings
Mediumship Readings
Mentorship
Tarot & Oracle Readings
Mentorship



Caitlin Hyde

Cartomancy with Channeled
Messages Readings
Past Life Regression
Hypnotherapy
Neurodivergent Coaching
Reiki Level 2 Session
Clearings



InSpirit Centre Georgetown On [289-891-7711](tel:289-891-7711)