

ISHAYAS



OUR JOURNEY INTO AWARENESS

Get to know yourself...

From the roles we play, to discovering our true potential!

ISHAYAS is pleased to invite you for:

A day of Experiencing & Empowering 'Self' with 'ROXANNE MARKER'

Discussions & workshop highlights:

Know yourself:

- Why are we here with this physical existence?
- Identifying our relationships
- The roles we play in our life
- Understanding the basic rules of life
- The universe's feedback mechanism to us
- Breathwork for relaxation, balancing emotions & healing
- Guided imagery to release emotional baggage

Empower yourself:

- Working with the law of attraction
- Manifesting abundance
- Co-create with the universe
- Reflections for empowerment
- Retaining your power can be fun!
- Guided imagery to empower our chakras to empower our existence at all levels

Working with Energy:

- Earth Energy & the Elements
- Salt Cleansing
- Candle Divination
- Space Cleansing
- Humming the AUM to cleanse your personal space inside & out
- Guided trance to cleanse and energise the earth and ourselves

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