

CREATE YOUR BEST LIFE!

Weekend Healing Workshops in April 2012 with Alison J. K PhD (Holistic Life Coach, Ashtanga yoga instructor, Meditation Teacher, Reiki master, Tibetan healer, Energy Medicine Practitioner, Nutritionist and ACE Personal Trainer). Alison will be available for a short stay in South Africa 13/04 to 22/04. Take advantage of this rare opportunity.

Workshops:

- ✦ **Awakening the fire Goddess within:** The feminine force is ready to be activated to balance our masculine and feminine energies. Blast this lightning bolt of power open and experience real change in your life.
- ✦ **Empowering Yourself for Peace & Prosperity in 2012:** How to Ride the Energies of 2012 so you Thrive! Alison's experience with a Mayan elder and energy healer will shed some light the nature of our time its impact on mind, body and spirit and how are we to deal with these changes.
- ✦ **Yoga for Consciously Creating Your Life:** Connecting with your Own Inner Guidance. Discuss the difference between following a life that is relatively designed for you and being empowered to create the life you want.
- ✦ **The living power of the Chakra system:** Look at how these forces affect our physical, mental, emotional, spiritual health and levels of vitality. Empower yourself with tools from yoga asanas, for a healthy aura to manifesting clarity, abundance and open up your greater potentials.

All workshops include: basic tips from food, sounds you can tone, essential oils, flower essences, crystals, Theta healing (cutting edge energy healing with profound effects), yoga asana's and many practical applications that speak to these energies in a real way. **Private consultations also available.** Contact: riaanapeck@yahoo.com 0820632755 to secure bookings with the full deposit.

Workshop Dates:

Sat 14/04: *The living power of the Chakra system:* Use yoga asanas to work through issues of each chakra. This full day workshop from 9:30 am – 5:30 pm will empower you in abundant new ways. Cost R1000

Sun 15/04: 3 workshops for 2 hours each:

8:00 am – 10:00 am: *Yoga for Consciously Creating Your Life.* Cost R250

11:00 – 1pm: *Awakening the fire Goddess within.* Cost R250

2pm – 4pm: *Empowering Yourself for Peace & Prosperity in 2012.* Cost R250

Venue: New Acropolis, 411 Vale Avenue Ferndale Randburg 2194, GPS Coordinates S 26° 04.819' E 27° 59.385

Please bring a light vegetarian lunch to share.

Special: Book for all 4 workshops pay R1600. If you book for all 3 workshops on Sunday pay R650.

About Alison:

Alison J. Kay is trained in numerous healing modalities that make her an efficient Holistic Life Coach. She traveled the world, shared her teachings and healings with many satisfied clients. All private consultations and workshops focus on the power triad that affects our lives: mind, body and spirit. In the same way Alison has specialised training to complement these.

An energy medicine practitioner for 15 years, certified Usui Reiki Master, a certified Tibetan Adamantine Healing System Master, ThetaHealer Practitioner; Chi Gong instructor, and vibrational medicine from flower essences, essential oils, crystals, and sound frequency entrainment with each session. Also a meditation practitioner and teacher for 10 years, an India certified RYT-200 Ashtanga yoga , teacher, and an ACE Certified Personal Trainer, are just a taste of the quality consultations.

She works extensively with the chakra system, soul psychology and body vitality from the yogic tradition, assisting her clients in stepping forward into their own awakening and evolution in mind, body and soul levels. The holistic life coaching tools she offers are individualised for the client's needs, issues, time, desires and readiness, designed to ensure her clients' transformation by addressing daily lifestyle choices with a high success rate.

See Alison's website: <http://www.alisonjkay.com>

Radio show: <http://www.voiceamerica.com/show/2054/create-your-best-life-ever-what-else-is-possible>

