

DISCOVER Crystals

A WORKSHOP SERIES
WITH JEN HILLMAN

CRYSTAL KNOWLEDGE

MARCH 25th OR APRIL 8th, 3-5PM

CREATING WITH CRYSTALS

APRIL 22nd, 3-5PM

ATTEND (1) CRYSTAL KNOWLEDGE & CREATING CRYSTALS FOR \$95 OR TAKE ALL THREE FOR \$130

Stones and crystals often attract our attention visually with colors, sparkle and shape. Join us to learn more about:

- The symbolism and energy of stones and crystals
- Engaging our intuition to attune to different stones
- How stones quiet our minds, reduce stress, and contribute to healing

Everyone will receive 12 crystals to take home.

Bring your questions, curiosity, and any stones or crystals that you would like to learn more about.

Snacks and beverages provided!

Once we begin to listen to stones and crystals as well as other aspects of Nature, we often find our creativity is activated. During this class, we will:

- Notice our own creative impulses
- Explore combining stones, crystals, wire, wood, and other natural materials
- Release any hesitation to create and allow our child-like senses to play.

This is not about making something "beautiful", although that often happens. There is no judgement, only appreciation for what our soul puts forth.

Materials will be provided and you are welcome to bring items that you would like to explore. We will start with a settling meditation and then allow creation to occur! Snacks and beverages provided!



Both classes will be led by Jen Hillman of A Spirited Life, LLC. Jen transitioned from engineering management to incorporating

animals and nature in a coaching practice. As a Gestalt and ICF certified coach, Jen assists people to find direction and move forward - to develop their own Spirited Life. Jen is also a Reiki practitioner and has been learning from stones and crystals for over 5 years through shamanic workshops based on Native American principles of healing and self-knowledge.

The workshops will be held at:

Insight Learning & Wellness Center
25901 Emery Rd. Suite 112
Warrensville Hts., OH 44128
www.insight-wellness.com



For information or to register:
Call 216-765-4470 or
email Felicia@insight-wellness.com

INDIVIDUAL WORKSHOP FEES:

CRYSTAL KNOWLEDGE: \$50; CREATING WITH CRYSTALS; \$65

CRYSTAL KNOWLEDGE IS NOT A PREREQUISITE FOR CREATING WITH CRYSTALS.