

DISCOVER Crystals

A WORKSHOP SERIES
WITH JEN HILLMAN

COMPASSIONATE CRYSTALS

NOVEMBER 18th, 3-5PM, \$50

*"If your compassion does not include yourself,
it is incomplete." – Buddha*

Come, join us to learn how stones and crystals can support us in learning about ourselves and others, and living compassionately. We will:

- Attune to different stones that resonate with heart and grounding energies
- Enjoy a guided meditation connecting us to our inner well of compassion
- Learn how we can support others while recharging our own "batteries" and taking good care of our own well-being

Bring your questions, curiosity, and any stones or crystals as well as a journal, if you use one (or would like to start.) Snacks and beverages will be 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.

CALM, COOL AND COLLECTED

DECEMBER 2nd, 3-5 PM, \$50

Calming and centering ourselves can be especially challenging when we are busy. It is common that the end of the calendar year can initiate many wonderful, fun, and sometimes stressful events.

There are many crystal gifts that can help us to return to a calmer, more centered way of being – if only we tune in to them and allow. In this gathering we will spend time:

- Learning basic breathing exercises to use with crystals
- Connecting to the solid, grounding energy provided by Nature
- Creating mental and physical reminders for ourselves to calm and center as needed

Everyone is encouraged to bring anything that currently helps to calm or center you, as well as your journal, stones, crystals or anything from Nature that speaks to you. All will be incorporated into the gathering. Snacks and beverages will be provided.

Insight Learning & Wellness Center
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For information or to register:
Call 216-765-4470 or
email Felicia@insight-wellness.com



TAKE BOTH WORKSHOPS AND SAVE \$15 - BOTH FOR \$85!