

Ananta Yoga
*Intention Manifestation
Crystal Grid Workshop
and ending Yoga Nidra*

with Crystal Specialist Maria Favocci

Saturday January 28th 11:45-1:45



The New Year is the perfect time to manifest desires and intentions for the upcoming year. Crystals have healing and metaphysical properties that energetically heighten the power of intention setting.

In this 2 hour workshop you will learn:

- History, properties & metaphysical meaning of common Crystals
- Crystals and the Chakras.
- Healing properties of Crystals
- How to meditate with Crystals for positivity, manifest intentions and develop intuition to create balanced energies.

You will be given a selection of 2-4 stones each to keep and will create your own Intention Crystal Grid. A Crystal Grid is the placement of Crystals together in a specific pattern for the purpose of manifesting and strengthening an intention.

You will end the workshop in a Yoga Nidra to further set the power of your intention as you relax in a yogic sleep and allow the effects of the Nidra to manifest your intention.

\$35 pre registration, \$40 drop in