

EMPOWERMENT U

Workshop

Registration & Guidelines

The Empowerment U workshops can be emotionally intense. We fill the agenda with a lot of energetic, transformational activity. It is recommended that you follow these guidelines for maximum benefit:

- Get good rest the night before the event
- We provide lunch and water/tea.
- Dress in loose fitting, comfortable clothing - Dress in layers – weather permitting, we will be outdoors for part of the event
- No children or pets, let loved ones/associates know you will check in – all cell phones OFF except during personal breaks, NO alcohol/drugs, NO smoking
- Please don't plan anything physically or emotionally demanding for evening after the event - try to plan a nice relaxing evening at home or some gentle social event if anything. You may not feel like doing ANYTHING but taking a nice bath and going to bed early. You may want to get some bulk sea salt for that bath.

GENERAL AGENDA

10 AM – 5 PM

- Workshop segments
Group exercises & projects
Building Healthy Biochemistry
Creative & empowerment exercises
Trance posturing – shamanic journey
- Lunch break approximately 12 noon
- 4:30 PM Closing

WHAT TO BRING

- Extra cash for non event spending, tapes, books and other;
- Water bottle, teddy bear/soft stuffed object/animal, pillow, yoga pad,
- A journal if you wish – for documenting your own personal experience
- Sacred object for ceremony – picture, jewelry, rock, gift (anything small that is special)
- Healthy snacks if you wish (for yourself in between meals) nuts, seeds, dried fruit - NO CANDY

WHAT TO EXPECT

- A diverse group of classmates
- A beginning in the shift in all aspects of your life where you are ready to transform - improvement in vitality, clarity and balance, longevity
- We will order lunch from a restaurant for delivery. If you have food allergies, let me know ASAP –

\$95 includes lunch, materials Pre-Registration Due by March 30

JoyRae Freeman – Spiritual Warrior, Qi-Gong Master/Instructor, Divine Light Conduit, Healer, Laser Reiki VII Master, Ordained Minister, Writer, Radio Producer
Please Print this out, cut and return the form below with payment. Limited capacity Mail to 838 Logan St, Helena, MT 406-449-5537 www.empowermentu.net

(MUST PRE-REGISTER)

CCard/PayPal online - Checks PAYABLE to Clarette C. Martin

NAME _____ Phone _____

Address _____ City _____ Zip _____

Please list other transformative events attended. – what is the issue you wish to have help with through this workshop? _____