



## **Past Life & Soul Exploration Workshop**

**SUNDAY, March 24 @ 1 - 3 PM**

**Body & Soul Fitness and Yoga**

**Exchange \$30 by March 16;  
\$40 afterwards**

### ***Your present life is just a chapter in the story of your soul***

We all have past life memories stored deep within our unconscious minds. Many of us have had glimpses through meditation, the dream state or through sudden flashes of insight.

We have brought many experiences into our present life that affects us both positively and negatively. Powerful healing can take place when you see the bigger picture regarding significant relationships, fears, challenges and talents.

During this workshop you will be gently guided into a deep state of relaxation to access the stories from previous lifetimes when your soul simply inhabited a different body. Learning from these past experiences can create profound shifts in your present life.

A past-life regression allows you to experience other lives you have lived, discover your life's purpose and receive guidance from your Higher Self.

It can also help...

- provide answers to the patterns that are reoccurring in your life
- explain your relationship drives and dramas
- alleviate stress and bring you peace of mind
- assist you in greater self-awareness and therefore greater self-fulfillment
- clarify why you are attracted to certain people or places
- understand the root cause of fears, anxieties and phobias
- empower you to live your life in greater alignment with your Soul

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***Your moderator, Clare Hollywood is certified in Past Life Regression and much more. She is deeply passionate about spirituality, holistic living, healing and personal development. She assists others in awakening to their true potential through a variety of modalities.***

***She is an Energy Alchemist, Spiritual Healer, Akashic Record Consultant, Intuitive, Transformational Coach, Reiki Master Teacher and the founder of Healthy Alchemy a Spiritual Wellness Academy on Long Island. You can find her full bio at [www.HealthyAlchemy.com](http://www.HealthyAlchemy.com)***