

# SELF DISCOVERY WORKSHOP 2017



Saturday  
January 28th,

2.30-5.30pm

Please register via  
tel: (248) 601-9642  
or, online:  
[www.redlotusyoga.com](http://www.redlotusyoga.com)

COST: \$35.00

**What dreams and aspirations do you have? What is holding you back?  
Join Claire on a journey of self discovery as she shares her inspirational story behind  
her debut music album, "Dreams Can Come True." Workshop to include:**

- ▶ **Presentation on discovering and sharing your voice, the healing benefits of following your curiosity and, the basic issues of the 5th Chakra - symbolic thinking, resonance, etheric body, communication, the voice, truth, lies & creativity.**
- ▶ **Personal soul searching and realization techniques through writing.**
- ▶ **Therapeutic healing yoga practice including mantra meditation and pranayama. Live musical accompaniment by Claire during Savasana.**
- ▶ **Plus, free download cards for the "Dreams Can Come True" Album!!!!**

**\*\*Items you will need:** pen, journal and a thought of something in your wildest dreams that you would like to do in the new year!