

# Meet Your Spirit Guides Meditation & Workshop with Chuck McNabb



**Friday, April 29**  
**7:30-9:30PM**  
**\$25 per person (\$30 at door)**

Spiritual Intuitive & Advisor, Chuck McNabb, leads a guided meditation and discussion to help you learn to identify and connect with your Spirit Guides, Animal Totems, Angels & Ascended Masters.

Everyone has Guides and Animal Totems that walk with us in spirit during our lifetime, teaching and guiding us, and in some cases protecting us. Your higher self helps select these guides and they're responsible for helping us fulfill the spiritual contract we make with ourselves.

Our main spirit guide stays with us throughout our entire life, while other guides and animal spirits may enter, change and exit during certain points in our life experiences. We can connect with them in meditation to provide guidance, and we may often see signs in nature of our guides and their messages.

Chuck helps you to attune to and identify what guides you have around you currently, how they relate to you in helping you on your life's journey, and how you can begin to connect with them through meditation and other techniques.



**Pre-register online:**

**<https://www.updogyoga.com/workshops/rochester-workshops>**



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