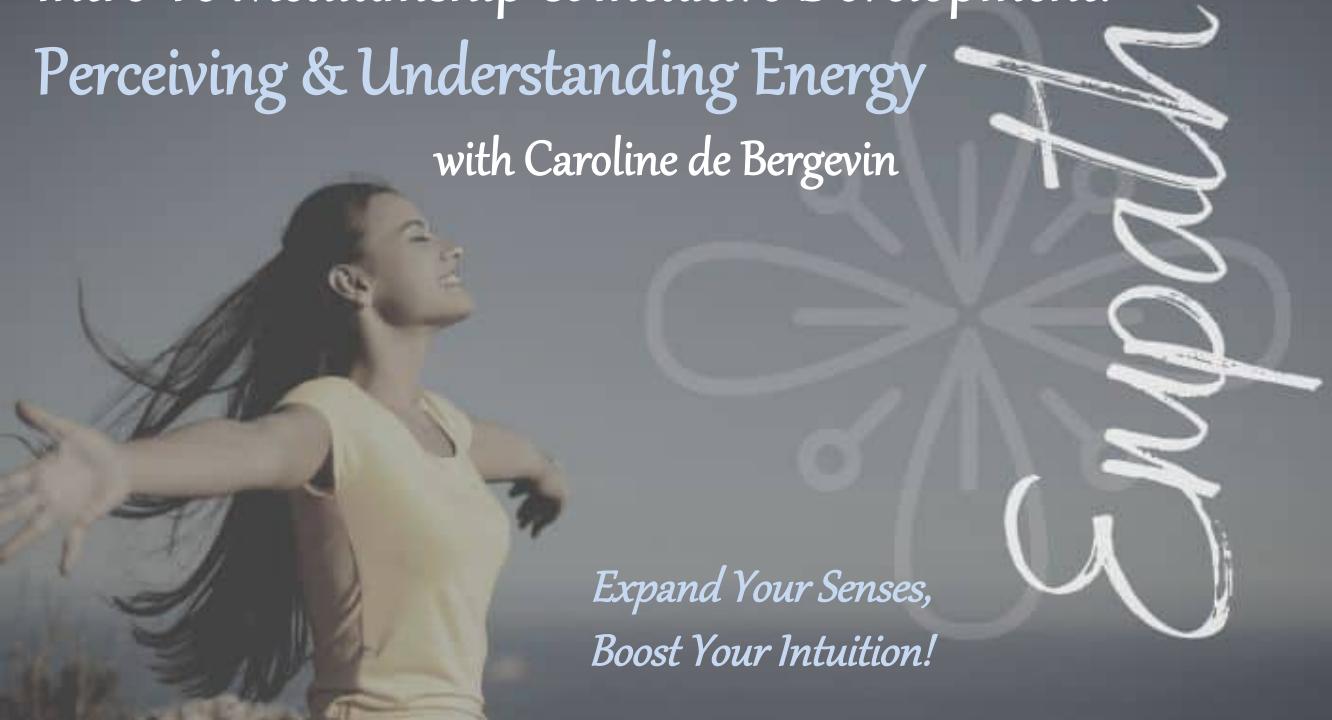


# Intro To Mediumship & Intuitive Development: Perceiving & Understanding Energy

with Caroline de Bergevin



**Friday, November 11**

**7:30PM-9:30PM**

**\$35 per person (\$40 door)**

Intuitive Medium Caroline de Bergevin presents a series of Intuitive Development workshops to help you discover, explore and refine your intuitive abilities in a supportive group of like-minded empaths. We all have innate intuitive and psychic abilities, which we may or may not even be aware of or have fully explored. Others seek guidance on how to relate to and manage already developed empathic gifts within our daily lives for greater peace of mind and purpose.

In this session focusing on ***Perceiving & Understanding Metaphysical Energies***, Caroline will teach the following skills while providing consult, mentorship and open sharing among the group:

- Common experiences of metaphysical energy perception and a spiritual awakening
- Guided group meditation and intention setting for metaphysical energy exploration
- Interactive group exercises to recognize the energies of other people and within the space around you
- How to relate to the world as an empath

Additional workshops in the Intuitive Development series are offered ongoing monthly. Each workshop in the series focuses on a different topic to help you recognize and further refine your own spiritual gifts. Attend individual sessions that resonate with you anytime, or join us ongoing each month. Share space as we build a community of like-minded empaths to help you connect with your higher self!

**Pre-register online:**

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

