

Gifts of Spirit ▶

CD



Heavenly Hygiene- a shamanic meditation Deva Michele McCune

This meditation was created from an angelic directive to prime us mentally, physically and spiritually for this time of great transformation. This technique efficiently cleanses your being and effectively strengthens your connection to the Source of all Love. Daily use will create tingingly white light.

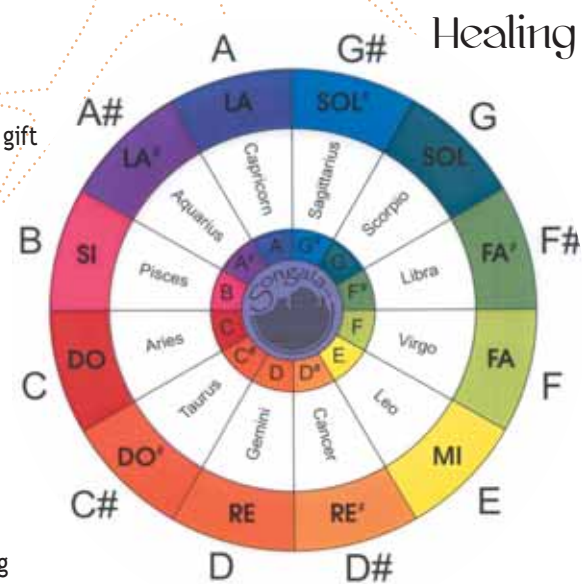
"I see hearts everywhere now. This meditation is revolutionary and sparked a soul adventure in me so vibrant as to lighten the very fabric of my being." Marc Titus, Executive Producer. Available at www.heavenlyhygiene.com and stores around Sedona. Contact Deva by email: devacode@yahoo.com

Sounds for Healing Ani Williams

This season give a personal gift that will find one's personal gateway tones to jumpstart their life! This session will analyze one's own unique voice pattern that reveals specific tones for greater health, freedom and creativity.

Sessions include Voice Spectrum Analysis graph, toning CD with one's healing frequencies, toning instruction, Medical Astrology and more!

928.204.1124 www.anwilliams.com



Embrace Your Femininity

**For the New Year:
Learn to Bellydance**

A wonderful way to:

- exercise
- connect with your inner self
- move your body in new ways
- make new friends
- have some fun!

Performances/Classes
Holly - 928.300.4452
mindandbodyholly.com



Wellness

Give the gift of Health & Relaxation- a Gift Certificate for Ayurvedic Spa Service with Lorrie Lawrence at the Sedona Rouge Spa

Lorrie Lawrence, Ayurvedic Practitioner, LMMT, RYT, has over twenty years experience in the field of health, wellness and integrative health modalities. Her roots are solid, with an American Indian heritage stemming from a line of Medicine Men and holistic health care practitioners, Lorrie has embraced their tradition. Her continued studies and practicum were in three countries for Allopathic medicine, Ayurvedic medicine, nutritional and exercise therapy. More recently her journey has led to an education with Drs Deepak Chopra, David Simon, Vasant Lad, David Frawley and is now a Certified Chopra Center instructor and educator. Lorrie teaches and designs wellness programs at The Spa at Sedona Rouge and offers the Chopra Center's Perfect Health wellness program to assist and support her clients on their journey to optimal health. Licensed Medical Massage Therapist, Nationally Board Certified, Professional Member AMTA, Certified Yoga Instructor, Certified Perfect Health Instructor, Certified Fitness Instructor.

928.340.5331 • 928.300.8018 • sedonaretreats@msn.com
llawrence@sedonarouge.com