

SUNDAY APRIL 16th, 2023 | 9:30A - 5:00P

Empower Yourself as an Empath Workshop



An all-day interactive workshop designed to help you discover, understand and deepen your intuitive abilities and give you tools to empower your life. Price : \$150

LOCATION

Sedona Center for Enrichment and Harmony - 431 AZ-179 Suite A6, Sedona, AZ 86336

ITEMS TO BRING

Water Bottle, Pen and Paper, Favorite Oracle or Tarot Deck, Open Mind

**Lunch Included (gluten free and vegan options available) - Water, Tea, coffee available*



CYNTHIA SPIECE
Intuitive Reader & Medium | Counselor | Energy Practitioner

Workshop Overview

In this workshop, you will be provided with an open space to access your intuition and deepen your empathic abilities. Cynthia Spiece, Intuitive and Medium, will share stories, tips and tools to help you gain confidence in your sixth sensory abilities and energetic sensitivities. In addition, she will help you understand what your sixth sense is and how it can make living easier instead of harder. This interactive workshop will also provide you with one on one experiences using cards and partners to expand your own telepathic abilities.

Deb Gauld-Lash, sound healer and alchemist, will lead us into a sound activation session that will open and activate our third eye energy center, as well as, move us into a deeper state of consciousness that will allow easier access to information from the field.

Michelle Grimm, music and dance alchemist, will expand us throughout the day, through music and movement to aid in processing and integrating mind and body and all that we are feeling and learning. (These are easy movements, not a yoga type experience)

We hope to have you feeling much more connected and empowered by your sixth-sensory abilities, as well as, being more aware of the connectedness that we all share with one another. We are walking fields of energy, full of information, emotion, and vibrational gradience...streams of conscious awareness enmeshing with one another on a moment to moment basis. Let's learn what this means and how to manage life from this new perspective shall we? Hope to see you there.

Workshop Leaders



CYNTHIA SPIECE

Intuitive Reader & Medium | Counselor | Energy Practitioner

CYNTHIASPIECE.COM

cynthiaspiece@gmail.com

928-257-9588

Individuals-Groups-Workshops-Retreats

Cynthia Spiece is an Intuitive Reader and Coach, Medium, and Quantum Energy Practitioner with over 40 years experience in the world of metaphysics and transformational intuitive work. As a young girl, Cynthia became aware that she would know things that she had no rational way of knowing. While practicing her gift for many years on friends, co-workers and family while also working in the fashion and design industry, she finally decided to make it her full-time occupation. She is a Certified Life Coach and Certified Reiki Master and Teacher. In addition she has a Masters Degree from the School of Incredibly Hard Knocks which forced her to RE-Imagine herself many times over.

Cynthia psychically reads and works with her clients Energy Frequencies and Bodies and the stories they tell and offers them insight and clarity into their issues of concern related to all aspects of their life, personal and business. She offers transformational tools and practices that aid them in raising their energetic vibration. This will help them attract to themselves a life matching the one they IMAGINE themselves living. She is also a medium and channel whereby she has the ability connect her clients with loved ones who have crossed over in order to bring understanding and closure.

Although much of her work is done one-on-one via telephone, she also offers in-person and video chat sessions. Her past workshops have included Living Intuitively, Empower Yourself as an Empath, Deepen Your Intuition, Dreamweaver, Raise Your Vibes, and Ask, Believe, Receive.

Cynthia's business, Re-Imagine That! is named after her intent that we deepen our understanding of the quantum world we live in, as well as the brains role in creating our patterns and habitual responses. She has come to learn through experience the power of our thoughts, words and deeds and the importance of aligning all three. It's become apparent in her work over the years that the vibrational frequency of our FOCUS produces the vibrational equivalent. My work is more than just a psychic reading, although that helps give my clients clarity, insight and a new direction " she says. "It goes beyond—it's about seeing the invisible and believing in the impossible. It is now imperative that we RE-IMAGINE some of our current creations, thereby creating more peace, presence, and non-egoic power in our personal lives which in turn will manifest into the world.

Cynthia currently splits her time between Arizona and Southern California.

Workshop Leaders, cont.



Michelle Grimm

SEDONADANCINGQUEEN.COM

blessedtobeme@gmail.com

928.300.6960

Private and Group Sessions

Michelle Grimm - “Sedona Dancing Queen”

Dance and music have always been an integral part of Michelle’s life. Living in the magical land of Sedona, AZ, she takes to the beautiful red rocks and free flow dances regularly. For her “its more than recreation, it’s’ magic !“ and magic is what she truly creates. Michelle pulls from the beautiful and powerful vortexes and creates amazing alchemy with these energies and then offers them to you. You will feel the transference of this energy the minute you meet her, hear her special musical blends and dance with her. She creates playlists that are fitting to whatever energy she feels inspired to create and gets you moving in the direction of your intentions and dreams. This will aid you integrating your physical body with the desires of your heart. It is powerful and transformational. Michelle leads private, and group sessions.



Deb Gauld-Lash

Chakra Alignment, Obstacle Removal,

Binaural Resonance and Entrainment,

Custom sessions

928-814-8484 | debgauldlash@gmail.com

Booking group or private sessions

Deb Gauld-Lash - “Sound and Movement Alchemy”

Deb Blends ancient wisdom and science while playing sound and vibration using Alchemy Crystal Singing Bowls. Along with other primal instruments she brings a state of healing for the mind, body and soul. As energetic beings made up of about 70% water, sound and vibrations immerse the cells on a level very deep. It has been used for 1000’s of years for healing. Her alchemic sessions bring about a state of relaxation, meditation, and healing for a deep connection to our hearts. She encourages all of us to be our own healer, tapping into intuition and joy. Deb also has a deep love for movement which began years ago as an athlete in high school and college. She did her first yoga teacher training in 2003 and has led classes for all levels. While bringing in elements of dance and primal movement chains for a joyful, playful encounter. In 2015 she became a certified foundation Training instructor focusing on functional biomechanical movement disciplines. Her teachings encourage students to develop a deep connection with their body, cultivating a balance of strength, stability, and flexibility to move the body in a sustainable way both on and off the mat.