

Explore Your Power

NEXT CLASSES: Saturdays @ 2-4pm, July 22, August 5, August 19

LOCATION: [Simply Focused Coaching](#)

[_ 2001 Calkins Road](#)

[_ Three Rivers, MA](#)

Investment: \$20/ class; or purchase a Power Card (6 Classes for \$100 - Enjoy 1 class Free!)

**** [Pay for classes Online HERE](#) ****

This is an ongoing, in-person class held 2x/month.

In each class you will explore your intuition and inner-wisdom through a series of mini-teachings, sharing, and practical group exercises. These exercises will include, but are not limited to:

- **Meditation**
- **Mindfulness**
- **Movement**
- **Song and Music**
- **Sound**
- **Psychometry**
- **Writing**
- **Art**

We will explore spiritual gifts & "Powers", including (not limited to):

- **Mediumship**
- **Extra Sensory Perception**
- **Empathy**
- **Energy Healing**
- **Spirit Language**

- **Manifestation**
- **Artistry**

Explore Your Power classes are a **SAFE SPACE**. We will be working with all types of faiths and manifestations of Spirit in service to Light and Love. We will work in an environment of **Non-Judgement, Freedom of Expression, Open-Mindedness, and Compassion**.

Come ready to have fun exploring ideas that may seem "woo-woo" or "strange" or downright impossible. You may just find that what was once impossible, in fact, isn't.