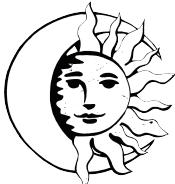


AQUARIAN EVENTS

DECEMBER 2016

BOOKSHOP
(804) 353-5575
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AQUARIANBOOKSHOP.COM



CRYSTAL GALLERY
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OPEN 11AM-7PM MONDAY THROUGH FRIDAY,
10AM-7PM ON SATURDAY, AND 12-6PM ON SUNDAY.

Please see our website for more information on classes and events. Call the Crystal Gallery to register.
[AB] = Aquarian Bookshop [CG] = Crystal Gallery

KIRTAN | Friday, Dec 2 | 7-8:30 pm [CG] Kirtan is melodic call and response chanting in Sanskrit designed to open your heart and allow love to flow. Perfect for the holiday season or times of stress. No great singing voice necessary and all that you need is provided. Don't miss this feel-good evening! Led by Carol and Grace. \$18.

MASSAGE, BODY WORK & ENERGY HEALING with CAROL QUIGLESS | Saturday, Dec 3 | 11 am-7 pm [CG] If you missed getting a treatment from Carol at the Psychic Festival, here's your chance to experience exquisite, hands-on healing. Carol uses a variety of massage techniques, Reiki, and Pendulum Balancing. Let Carol select the perfect essential oils to enhance your treatment. *Reservations required by email at carolquigless@gmail.com or calling 434-260-1176. \$40/ 30 min; \$75/ 60 min.*

INTEGRAL YOGA: MIXED LEVELS | Wednesdays, Dec 7 & 14 | 7-8:30 pm [CG] Integral Yoga includes traditional Sanskrit chants, sun salutations, asanas (poses), guided relaxation, pranayama (breathing practices) and silent meditation. This class offers variations for levels 1-3. Facilitated by Sylvia. \$16.

HORMONE YOGA FOR WOMEN | Thursday, Dec 8 | 7-8:30 pm [CG] Hormone Yoga Therapy is a natural way to boost estrogen using yoga and Tibetan energy concentration techniques. Estrogen levels decrease during periods of stress and at menopause. This technique has been proven to increase estrogen levels at any age to restore the vitality of hair, skin, nails, cardiovascular system, bones, memory and to boost fertility. Facilitated by Sylvia. \$25.

INTEGRAL YOGA: MIXED LEVELS | Saturdays, Dec 10 & 17 | 9-10:15 am [CG] Integral Yoga includes traditional Sanskrit chants, sun salutations, asanas (poses), guided relaxation, pranayama (breathing practices) and silent meditation. This class offers variations for levels 1-3. Facilitated by Sylvia. \$16.

YOGA NIDRA & GONG BATH | Saturday, Dec 10 | 10:30-11:15 am [CG] Yoga nidra is the "yogic sleep". You are led to relax the koshas (sheaths of body), breath and mind to reach anandamaya kosa (bliss sheath) which is our true nature. Yoga nidra induces deep healing at the subconscious level. It is more relaxing than sleep. The gong bath induces theta waves, tapping into our inner healer. Facilitated by Sylvia. \$10.



PSYCHIC AND METAPHYSICAL STRATEGIES FOR 2017

FENG SHUI, ASTROLOGY, AND PSYCHIC ANSWERS
WITH JOHN J. OLIVER

JANUARY 24, 2017 | 7:30-9:30PM

CRYSTAL AND VIBRATIONAL HEALING EVENING | Thursday, Dec 15 | 7-9 pm [CG] This is an experiential workshop in which Nick will place a healing crystal layout on your body. You will receive a gong and singing bowl sound bath and be rejuvenated and restored to your natural state. Your chakras will also be aligned and activated. \$25.

ANCIENT FREQUENCIES: HEAL THE AUTHENTIC SELF WITH THE POWER OF SOUND | Saturday, Dec 17 | 11-1 pm [CG] Sound is an ancient and powerful healing modality. Coupled with focused intention and mindfulness, sound can literally change our physiology, psychology, and immune functioning. Join Bobbie for a unique, fun and powerful sound healing experience. Discover how intentional music combined with conscious listening can inspire deep healing and dissolve personal growth plateaus to help you live your authentic truth. For more information on Bobbie's work, visit ancientfrequencies.com. \$25.

SOLSTICE CELEBRATION & THE MAGICK OF CHRISTMAS | Wednesday, Dec 21 | 7-9 pm [CG] In this once in a lifetime evening, Santa Claus and Mrs. Claus will be guiding a ritual and celebration in honor of the winter solstice. You will learn about the magickal work that is supported by the energy of Christmas, how to harness this special energy, and ancient wisdom teachings about gratitude. You will also be guided in a special Christmas meditation. *Donations to the Baby Girl Project are appreciated!*

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