

AQUARIAN EVENTS

FEBRUARY 2017

BOOKSHOP
(804) 353-5575
3519 ELLWOOD AVENUE
RICHMOND, VA
AQUARIANBOOKSHOP.COM



CRYSTAL GALLERY
(804) 257-5575
3531 ELLWOOD AVENUE
RICHMOND, VA
AQUARIANCRYSTALGALLERY.COM

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

CREATING SACRED SPACE: CLEARING NEGATIVE ENERGY | Wednesday, Feb 1 | 7-9 pm [AB] Enhance and uplift the energy in your home or workplace. Learn specific techniques using herbs, crystals and rituals to remove negative energy and psychic pollution. We will explore what attracts negative energy into your space and how to purify it. These practices will uplift yourself and your space to a higher spiritual vibration that assists you to feel radiant and whole. Facilitated by Susan Hughes, Aquarian's Intuitive and Master Astrologer. *Please register by Jan 31. \$25.*

INTEGRAL YOGA: MIXED LEVELS | Thursdays, Feb 2, 9, 16 & 23 | 6:30-8 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.

INTEGRAL YOGA: LEVELS II & III | Saturdays, Feb 4, 11, 18 & 25 | 9-10:15 am [CG] This class requires prior yoga experience. There will be variations offered for intermediate and advanced students. We will end with a guided meditation. Facilitated by Sylvia. \$16.

YOGA NIDRA & GONG BATH | Saturdays, Feb 4, 11, 18 & 25 | 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 kosha (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.

YOGA & MEDITATION FOR BEGINNERS | Saturdays, Feb 4, 11, 18 & 25 | 11:30 am-12:45 pm [CG] Just getting started? This class is designed for the beginner in mind. Integral Yoga includes traditional Sanskrit chants, sun salutations, asanas (poses), guided relaxation, pranayama (breathing practices) and silent meditation. Facilitated by Sylvia. \$16.

CHAKRA 101 | Sunday, Feb 5 | 2-4 pm [CG] In this workshop you will learn about the seven primary chakras, their colors, crystals associated with them, bija or seed mantras and characteristics associated with each of the chakras. We will end with a guided meditation to align and clear your chakras. Facilitated by Sylvia Nofsinger. \$25.

TAROT FOR BEGINNERS | Four Wednesdays: Feb 8, 15, 22 & Mar 1 | 7-9 pm [AB] Come and explore the magic of the Tarot! Join Susan Hughes, Aquarian's Master Astrologer & Tarot Intuitive, in this four week beginner's class. This series introduces the basic fundamentals of Tarot, the meaning of the major and minor arcana cards, and how to interpret through basic spreads. Prepare to delve into the realm of the mystical with this fun, hands on class! Rider Waite or Universal Waite cards required. *Please register by Feb 7. \$99 for series.*

LUNAR ECLIPSE RITUAL | Friday, Feb 10 | 7-8:30 pm [CG] Harness the powerful energy of the Moon! Eclipses mark turning points in our lives and in the world. We can use them as opportunities to set new directions for our future. This lunar eclipse will be in the sign of Leo the lion. During this ritual you will be guided in a special lunar eclipse meditation; learn what this eclipse in Leo is guiding you to manifest in your reality; participate in a ritual to align with the Leo energy of this eclipse; and learn powerful spiritual techniques you can use during all eclipses. Facilitated by Nick Lasky, Aquarian's Astrologer and Psychic. \$18.

THE AQUARIAN SOCIETY OF AWAKENING SOULS

JOIN US ON SUNDAYS AS NICK LEADS A GUIDED MEDITATION AND AN OPEN GROUP DISCUSSION.
5:30-7 PM | \$5, \$10 OR \$20 DONATION | REGISTER ONLINE AT AQUARIANBOOKSHOP.COM

FREE MINI REIKI & CHAKRA BALANCING SESSIONS | Saturday, Feb 11 | 12-3 pm [AB] Stop in for a FREE Chakra Balancing/Reiki Healing. Release stress, remove blockages and raise your chi! Reiki energy helps mind, body and Spirit while leaving you relaxed, refreshed and revitalized! Facilitated by Reiki Master and Spiritual Wellness Coach, JR Adams. *Walk-Ins only. FREE.*

HORMONE YOGA THERAPY | Sunday, Feb 12 & 26 | 2-4 pm [CG] Hormone Yoga Therapy is a natural way to rejuvenate the endocrine system, body and mind using yoga and Tibetan energy concentration techniques. This technique has been proven to increase estrogen levels in females and testosterone in males at any age. It helps to restore the vitality of the hair, skin, nails, cardiovascular system, bones and memory. It is also shown to boost fertility. Facilitated by Sylvia. \$25.

PENDULUM 101 | Monday, Feb 13 | 7-8 pm [AB] Learn powerful ways to get the most from your pendulum. We will learn techniques (yes there are more than one) to do readings for yourself and others. Get guidance, find lost objects, find buried treasure! Bring a pendulum or purchase one from our lovely selection. Facilitated by Barbara. \$9.

CHAKRA 102: STEPPING INTO CRYSTALS | Sunday, Feb 19 | 2-4 pm [CG] Learn about crystals for the chakras! Discover how to repair your auric field and how to grid your living space with crystals. You will learn how to incorporate crystals into meditation and yogic techniques to help realign and balance your chakras. You will finish with a guided relaxation for the chakras with a crystal grid and gong bath. Facilitated by Sylvia. \$25.

SHAMANIC JOURNEY | Wednesday, Feb 22 | 7-9 pm [CG] An experiential workshop in which Nick will precisely guide you into the process of the shamanic journey. You will learn to recall important aspects of your "other-worldly" experience and be assisted in integrating the experience for use in the real world. Potential benefits include connecting with a spirit animal or Ancestral Guide, receiving spiritual messages, spontaneous healing of an emotional problem and others. *Please eat lightly and avoid caffeine beforehand. Bring a mat for lying on the floor.* \$25.

HEALING WITH KUAN YIN | Thursday, Feb 23 | 6:30-8 pm [CG] In this group session, we'll be embracing the gifts of the Divine Feminine through the wisdom and pure vibration known as bodhisattva Kuan Yin. She is the eastern Goddess of mercy, compassion, protection and gifts of a thousand vibrations. She assists us with enlightenment and accessing our full spiritual potential, assisting in claiming healing, peace, love, power and transformation in all things. We'll embrace and experience her healing presence through the simple mantras/chants and guided meditations shared. Facilitated by Reiki Master, JR Adams. \$25 *registered; \$30 at the door.*

SOLAR ECLIPSE RITUAL with AQUARIAN SOCIETY OF AWAKENING SOULS | Sunday, Feb 26 | 5:30-7 pm [CG] This week's S.A.S. meeting will have a special focus on the forces of the solar eclipse. You will experience a powerful ritual to harness and apply such qualities in your life. Join us every Sunday as Nick leads a guided meditation and open group discussion. Register online at aquarianbookshop.com. \$5, \$10 or \$20 donations.

AQUARIAN HOUSE OF ASTROLOGY: THE FOUR MAJOR ASTEROIDS | Sunday, Feb 26 | 7:30-9:30 pm [CG] We will explore the mythology and astrological significance of the four major asteroids; Ceres, Pallas Athene, Vesta and Juno in this fascinating lecture. You will learn how by transit they bring about cultural and personal transformation. Bring your natal chart that include these asteroids so you can apply this teaching personally. New and experienced students of Astrology are invited to attend the monthly meetings of the Aquarian House of Astrology. Come learn a new topic and share your love of Astrology with others in RVA! Facilitated by Susan Hughes, Aquarian's Master Astrologer and Tarot Intuitive. \$20.

CRYSTAL AND VIBRATIONAL HEALING EVENING | Tuesday, Feb 28 | 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.

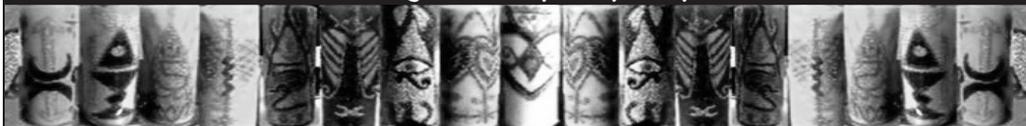
The Witch Queen of NYC returns to the Aquarian

Lady Rhea

Author of

THE ENCHANTED CANDLE

Save the date: April 12, 13, 14, 15 & 16



NEVER MISS AN EVENT! KEEP UP TO DATE BY SIGNING UP FOR OUR EMAIL NEWSLETTER AT AQUARIANBOOKSHOP.COM