

Gateway Excursion Weekend

Pipestem, WV

New Class! October 23-24, 2010

Saturday and Sunday - 9-5 both days

The Excursion Workshop is a 2-day program designed to introduce participants to non ordinary states of reality. You will be guided into a state of deep relaxation and then into deeper levels of consciousness where you have an opportunity to explore new potentials in thought and action, as your total self becomes your personal gateway into profound forms of perception, the jumping off place for self healing, remote viewing, shamanic experiences, lucid dreaming, out of body experiences and more.

Some of the exercises we will do over the weekend include:

- Learn to be fully awake and asleep at the same time
- Learn to access non ordinary states of reality for personal growth
- Self Healing - letting go of old patterns and beliefs and fears
- Problem Solving - getting answers to any question from your Higher Self
- Memory - use this simple technique for remembering dreams or anything else
- REBAL - Creating protective energy around your body
- Color Breathing -using color to assist in creating balance and health
- Lunch and snacks will be provided both days.

Participants will receive a special take home manual to write down personal experiences and will also receive a \$200 certificate towards any residential programs at The Monroe Institute (TMI) and a discount on TMI products.

Participants need to wear comfortable clothes, bring water and if you wish, a reclining lawn chair and blanket and pillows because you will be listening to taped exercises for most of the workshop through headphones, which will be provided, so please bring whatever you need to bring to be comfortable.

Fee for workshop is \$250 per person, or \$220 if paid in full 30 day prior to class. Please call **Anna Ferraraccio** to register. All credit cards accepted. Class held at either Pipestem Spa, or Nostalgia Inn. **Lodging is available for those who register early!**

Contact

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