

Intro To Mediumship & Intuitive Development Surround, Ground & Shield

with Caroline de Bergevin



*Expand Your Senses,
Boost Your Intuition!*

Empaths

Friday, December 2

7:30PM-9:30PM

\$35 per person (\$40 door)

Intuitive Medium Caroline de Bergevin presents a series of Intuitive Development workshops to help you discover, explore and refine your intuitive abilities in a supportive group of like-minded empaths. We all have innate intuitive and psychic abilities, which we may or may not even be aware of or have fully explored. Others seek guidance on how to relate to and manage already developed empathic gifts within our daily lives for greater peace of mind and purpose.

In this session focusing on **Energy Protection: Surround, Ground & Shield**, Caroline will teach the following skills while providing consult, mentorship and open sharing among the group:

- How to set intentions for shielding our energy and why it's important
- Guided group meditation for grounding and protection
- Interactive group exercises to Surround, Ground & Shield

Additional workshops in the Intuitive Development series are offered ongoing monthly. Each workshop in the series focuses on a different topic to help you recognize and further refine your own spiritual gifts. Attend individual sessions that resonate with you anytime, or join us ongoing each month. Share space as we build a community of like-minded empaths to help you connect with your higher self!



Pre-register online:

<https://www.updogyoga.com/workshops/rochester-workshops>



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