

Intro To Mediumship & Intuitive Development

Working With Your Spirit Guides

with Caroline de Bergevin



*Expand Your Senses,
Boost Your Intuition!*

Empath

Friday, March 17

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.

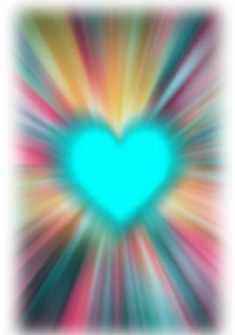
In this session focusing on **Working With Your Spirit Guides**, Caroline will teach the following skills while providing consult, mentorship and open sharing among the group:

- What Spirit Guides are and how to recognize them
- How to connect with your Guides and build a relationship
- Recognizing and interpreting signs and messages from your Guides
- Guided group meditation

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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