



ADRIENNE KANE

*To Transform,
heal and inspire*

Dear All,

Our "Evening in Meditation" resumes Thursday evening from 8pm-10pm, during the course of the evening we will take a journey of rediscovery.

Taking journey's from a higher perspective presents us with an opportunity to become the observer of our life's journey.

This then gives us an understanding as to why we may be feeling stuck or unnecessarily fearful, once this is understood we can then release and move forward.

These classes are guided which makes them suitable for beginners as well as those who have been journeying for aeons.

Once we become more accepting of ourselves, our families and friends we find a deep inner Peace, when this has been achieved our lives become a more beautiful, profound experience.

In class we use tools such as Essential Oils, Sacred Tree Essences and Breath work to assist us in making these connections; we will also work with Shamanic tools such as power animals, taking journey's to other realms, retrieving soul parts and working with Timelines amongst other things.

Each week will bring with it the experience required for the group in attendance.

When attending class you may like to bring a yoga mat, light sweater, and maybe pen and paper for those who like to journal.

If possible, it would be helpful to me if you could RSVP, but know that if you can't and want to drop in last minute that's ok.

Also for those interested in taking a more in-depth journey I am available for private sessions at a cost of \$150 (please allow 60-90 mins)

Please feel free to forward this email to friends or family if you think it may interest them.

I am excited to see you all soon.

Much love, joy and happiness,
Adrienne

Cost of class: \$25.00
Time: 8pm - 10pm
Contact: 93849484 **(sms only due to the nature of my work it's often on silent)**
Address; 57 Cairnhill Rd, 06-04 Elizabeth Heights, Singapore, 229668

"As over the mountains the eagle spreads it's wings, may your perspective be larger then the view from the foothills. When the way is flat and dull in times of grey endurance, may your imagination continue to evoke horizons" ~ John O'Donohue