

LOTUS YOGA ACADEMY



Bonus Offerings

Sacred Teachings

The study of this program will give you a thorough understanding of Energy Healing, Reiki, and Crystal Healing Therapies. Learn techniques on how to balance your chakras with crystals and meditation. Discover the world of essential oils and how to incorporate them into your yoga practice, healings and rituals. Dive deeper into the moon phases and learn ceremonies/rituals around the new and full moon. Explore the 6 elements of nature and learn to connect with the elements within you and around you.

It is our intention that each student awakens to the love and light that has always and will always shine within them.

Included:

- Sacred Teachings Manual
- Divination Tools
- Chakra Crystal Kit



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Bonus Offerings

Essential Oil Workshop

Essential oils are some of the most potent healing agents on the planet! They are literally nature's magic in a bottle, distilled directly from plants, and they have transformed the way I think about healing and balance in nearly every way - in physical body, emotional body, in mind and spirit.

We'll cover:

- how essential oils support your emotional wellbeing - reduce stress, anxiety, help with better sleep, happiness, energy.
- the core "home pharmacy" oils for everyday physical + emotional balancing.
- Learn which oils are best used to balance each of your chakras.

This class will leave you in awe of nature's fragrant and potent healing powers!

Included:

Lavender, Lemon and Peppermint essential oils.





Bonus Offerings

Yoga Mentorship

A 1-hour session dedicated to your immediate needs. Specially created for anyone who has completed their YTT program previously or in the process of completing their YTT program and is in need of extra guidance.

You can top up with another 1-hour call as and when you feel necessary. This time is dedicated to you and your needs!

This is also suitable for anyone who has completed a program before and is unable to commit to another program but is looking for answers, advice or insight on a very specific topic or question.

Chakra Balancing Treatment

Having the Chakras balanced enhances the flow of energy around the body which in turn results in equilibrium and promotion of the body's own self-healing.

Mary balances the Chakras using a combination of Reiki, Crystals, Colour Therapy, Essential Oils and with the use of a Pendulum.

At the end of your session we will have a consultation of any messages that came through during the treatment from the Angels & Spirit Guides. We will discuss how you felt during the treatment. An Angelic card reading to receive closing message and lifestyle advice on how to keep up the good results.





Bonus Offerings

Also Included

- Divination Tools
- Essential Oil Kit
- 10% discount on any future courses with Lotus Yoga Academy & White Light Wellness Centre (lifetime offer)
- 10% discount at Luna Creations Boutique
- 10% discount on all services offered at White Light Wellness Centre
- Lifetime Support

