



Bonus Offerings

Yoga Nidra Workshop

Yoga Nidra, or yogic sleep, is a type of meditation based in the ancient yogic anatomy of the Koshas, the 5 subtle bodies. Sometimes described as a long savasana, it is actually a combination of deep body relaxation and mental awareness. Yoga Nidra is a quiet journey inward to stillness that transforms and releases old habits, fatigue, worry, and stress. Yoga Nidra is a technique for physical rejuvenation, mental relaxation, spiritual growth, and overall wellness.

We'll cover:

- The history and origin of Yoga Nidra
- Why Yoga Nidra
- How Yoga Nidra work
- The benefits of Yoga Nidra
- The science behind the practice
- The Kosha's, 5 subtle bodies
- The stages of Yoga Nidra
- Yoga Nidra as a meditative practice
- Creating Sankalpa: Intention and Visualization
- Script preparation for effective classes
- The tools to teach Yoga Nidra
- Enhancing your personal practice and/or Yoga Classes with Yoga Nidra
- The importance of voice and finding your voice
- Creating a comfortable and safe environment: props, postures and music
- Movement and breath work practices to support the Yoga Nidra experience

Namaste





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.





Lemurian Light and the Reiki of the Atlantians

The Reiki of the Atlantians is an upgrade to the already existing Usui Reiki System which was taught by Master Mikao Usui and the Seven Chohans of the Seven Rays. Lemurian light and the Reiki of the Atlantians is a unique combination of the ancient energies from the lost continents of the divine wisdom.

In this course, you experience a magnificent journey through time and space, which will lead you to re-remember your sacred origins. You will discover the secret ancient energies, which were extinct from earth thousands of years ago. As humanity is ready to move in new and higher dimensions, we are ready to receive these energies and awaken our consciousness on a deeper level.

The Reiki of the Atlantians is a powerful energy channeling that activates and stimulates all the bodies of the being – physical, mental, emotional, energetic, spiritual and cosmic. After this course you will be able to combine a higher Level of Reiki with the ancient energy of the Lemurian Light and offer to yourself and others magnificent healings!

Course Curriculum

- Explore the ancient continents of Lemuria and Atlantis
- Discover the Chohans of the Seven Rays
- Learn 2 new Reiki Symbols (one from Lemurian Light and one from Atlantian Reiki Energy)
- Learn 5 ancient symbols of the elements
- Learn 2 Ancient healing protocols
- travel to the sacred grounds of the Holy Cities of Lemuria and Atlantis
- 2 advanced guided meditations to meet your Master Reiki Guide
- Receive one level upgrade attunement
- Receive 3 empowerments (more details in the course)
- Receive a Lemurian Light and the Reiki of Atlantis certificate

Divine Blessings





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.

Lightworker Mentorship

Lightworkers are here to bring "light" to our planet and to Creation itself. They often feel this purpose inside of them. They do not always know how to pursue it.

This 1-hour mentorship session for lightworkers can help you raise your vibration, find your way around life's ups and downs, use your newly found superpowers to spread love and kindness, or learn how to embrace and grow your new gifts as a healer, lightworker, Yoga intuitive, and yoga teacher.

We will talk about how you're feeling, tools you can use, tips and tricks to keep you moving forward, as well as learning about boundaries, and raising your vibration while staying grounded. **Shine your light!**





Bonus Offerings

Reiki Session

Receive one (1) Reiki session at our White Light Wellness Centre or receive a distanced Reiki session – choose one!

A Reiki treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

For those who are unable to visit for an in-person Reiki session, distance Reiki sessions are available.. Since Reiki is the life energy that exists and flows all around us, a Reiki practitioner is able to channel Reiki wherever there is a need.

Distance Reiki sessions can be just as effective as in-person sessions as the recipient is less likely to be influenced by inadvertent suggestions from the Reiki practitioner or the treatment room's environment, thus becoming more sensitive to Reiki.

Crystal Healing

Receive one (1)

Crystal Healing Session is a specialized treatment. The application of crystals helps to re-align your body's energy fields and your chakras will be cleared, balanced and opened which aids healing, promotes the overall feeling of well-being and can prevent illness and dis-ease from manifesting in your body.





Bonus Offerings

Also Included:

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

