



## **SOMETHING MORE:** Through Visualization

An ongoing **ONLINE / ON-SITE** group experience for those seeking *something more*. Visualization techniques are offered and demonstrated through practice. They are effective ways to manage stress and connect with the intuitive part of our mind. Simple yet powerful tools through creative visualization.

- \* Grounding
- \* Blowing Roses
- \* Body of Glass
- \* Running Energy
- \* Gathering & Filling up
- \* Center of Head Meditation

**When:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday 11:30 am to 12:15 pm

**Where:** 2051 Hilltop Dr. Suite A-17 C  
Redding, CA 96002 AND **ONLINE**

**Format:** Begin & end on time  
(Please text if you will be more than 10 minutes late)

*Snacks and Beverages Provided for On-site participants*  
**\$10 donation appreciated.**



**About:** Hosted by Michael David Stefanou: Michael learned and practiced meditative techniques through an intensive intuitive training program he attended. Michael presents a few 'meditative tools' he found helpful when working with difficult people or with challenging life situations. Michael regularly shares these 'spiritual tools' in group sessions, workshops, and seminars.

**For more information email:** [info@mpathowellbeing.com](mailto:info@mpathowellbeing.com) or call (530) 355-3476

### **Come to Any or Many**

**Disclaimer:** Michael is not providing services under his state licensure. Sessions are not a substitute for therapeutic support. Visit [www.mpathowellbeing.com](http://www.mpathowellbeing.com) for other services and information.