



To all beautiful Essence of Angels attendees

Blessings in the One Heart.

Congratulations on enrolling in my May 2012 Essence of Angels workshop.

Here is a little more information regarding the workshops to assist you with organizing your schedules. If anything is unclear, please do not hesitate in emailing or giving me a call, as I am more than happy to assist in making your workshop experience a memorable one.

### Essence of Angels Workshop details:

**Workshop:** Essence of Angels - 12 & 13 May 2012

**Facilitator:** Vicki Anderson  
Accredited Essence of Angels Master Teacher & Practitioner with the Universal Life Tools Metaphysical School of Healing.

**Location:** The House of Healing Angels/Yoga & Meditation, 50 Harnett Ave, Marrickville NSW 2204  
(Corner of Harnett Avenue and Livingstone Road, Marrickville)  
<http://www.houseofhealingyogameditation.com.au>

**Phone:** 0403 216 309 (to contact me during your event)

**Time:** Day 1 for each Workshop: Registration 8.30am  
Day 1 & 2 for each Workshop: 9.00am to 5.45pm  
Day 2 for each Workshop: Certificate Collection 5.45pm

*Please Note: There is always the possibility of running a little overtime on Day 1 & 2 of each workshop. We try to run to schedule and appreciate attendees may have personal plans, but if the energy's are flowing, spirit is guiding the workshop with additional information, or the conversation is enlightening for all then we may run a little overtime.*

### Semester 1 Workshop Schedule

Workshop	Date	Early Bird		Post E-Bird Rate	
		Cost	Due by:	Cost	Due By:
Essence of Angels®	12 & 13 May	\$444	23 April	\$495	1 May
Essence of Angels®	14 & 15 July	\$444	23 June	\$495	1 July
Essence of Angels®	15 & 16 Sep	\$444	23 Aug	\$495	1 Sep
Essence of Angels®	17 & 18 Nov	\$444	23 Oct	\$495	1 Nov

*Please note that Early Bird monies are due 3 weeks in advance of workshop date. Monies payable after the Early Bird cut-off date are charged at the Post Early Bird Rate.*

*All repeat participants receive \$100 off Early Bird/Post Early Bird rates (please bring your workbook).*

## What to Bring:

- Morning & afternoon teas are provided – herbal teas, fruit platter, vegies & dips, biscuits & gluten free cake. Nuts & seeds are available throughout the workshop to nibble on, I highly recommend you bring your own water for drinking (You can refill your bottles from the Kitchen area)
- **Note:** In keeping with the theme of being wholesome for this workshop coffee will not be supplied for the tea breaks only herbal teas. If you wish to drink your favorite Cappuccino or Latte you might like to collect a takeaway coffee at the corner shop (Corner Glen St & Harnett Ave) prior to your workshop or during the lunch period.
- **The Proprietor has asked that no food or drinks be brought into the main lecture rooms please – only bottled water**

## Code of Conduct:

1. Please ensure that all foot wear is left at the front entrance in the safe pigeon holes provided, we DO NOT allow foot wear inside the rooms due to hygiene and also in respect to our spiritual practices and weekly yoga/meditation session.
2. Personal belongings and bags may be placed under chairs during the workshop or left in the adjoining rooms, for the purpose of avoiding clutter and allowing energy/chi to flow freely.
3. The House of Healing Angels' office and New Age store are off limits unless the owner of the center is present or attending the workshop herself. We DO NOT take responsibility for lost or misplaced goods.
4. No food or drink is permitted in or around the lecture rooms, other than bottled water-for the purpose of hygiene and cleanliness. There is a lovely garden area and kitchen for nourishment consumption.

<http://www.whereis.com/nsw/marrickville/50-harnett-av?id=3D9C5C534749B9> link to map

- Pens & coloured pencils/highlighters if you like colour (not essential, but may assist learning);
- A comprehensive workbook is provided for each workshop with lots of room for making notes – but do bring extra paper if you feel it may be needed.
- Please wear comfortable clothes – layers are good for temperature changes, particularly with the air flow in the room which can be unpredictable and even the weather if you sit outside for lunch; there is an enclosed area outside which is protected in the event of wet weather.
- I will provide some Crystals and the Essences you need for the practical sessions. However, please feel free to bring along any special crystals from your own collection to use at each event.
- Business Cards/Brochures for the networking table (**please** no products or items for sale).

## Lunch:

You are welcome to bring your own food and sit out on the deck area or there are a couple of cafes within 5 minutes walking distance of the venue where you can buy a lovely lunch or take away food and coffees (Keeping in mind we will aim to have one (1) hour for the lunch break) Cafes are located at the corner of Glen Street and Harnett Avenue.

## Parking:

There is plenty Street parking available along Harnett Avenue (no parking or time restrictions) which alleviates paid parking concerns.

## Accommodation:

One room Accommodation is available for any interstate participants at a reduced rate at the House of Healing Angels/Yoga if required. If you require assistance with accommodation then please contact me and we can offer you some suggestions on discounted accommodation, depending on your requirements.

## Workshop Start & Break Times:

Here is an outline of start & break times for both workshop days (applies to each workshop) to assist participants in organising their days.

Day 1	8:30 am	Registration
Day 1 & 2	9:00 am sharp	Workshop Commences
	10:30 -11:00 am	Morning Tea
	1:00 – 2:00 pm	Lunch
	3:30 – 4:00 pm	Afternoon Tea
	5:45pm	Workshop Finishes
Day 2	from 5:45pm	Certificate Collection

## Items for Sale:

There will be a range of Essences available for purchase on the day which are designed to support your journey or perhaps someone you love is having some difficulty with healing and would love to receive some support from these divinely created essences.

There will be some products available for sale at each workshop at very reasonable prices or you are free to visit Universal Life Tools website to make any purchases. (These may vary from: Essences, Sprays, Oils, Remedies, Posters and Crystals)

I will offer a discount on the 12 Set of Boxed Archangel Essences should anyone be interested or you may wish to purchase from the ULT website. [www.universallifetools.com](http://www.universallifetools.com)

Cash/EFTPOS/Credit Card facilities are available. I accept Mastercard, Visa, Amex (+2% fee)

## Preparation for each Workshop

To ensure you get the most out of your work shop I recommend that the following be considered the week leading up to the course:

- refrain/limit drugs where possible (incl. alcohol, coffee, smoking etc.)
- obtain adequate sleep
- keep hydrated, drinks LOTS of filtered water
- try to exercise daily, even 10mins walk in the fresh air
- meditate daily, or at least 10mins each day quiet the mind and go within
- \* for Smokers choosing to quit feel free to speak with me as I have a very successful quit smoking practice and will offer you a very reasonable price/guarantee (Hypnosis or other Healing method)

## 2-3 Weeks prior to each Workshop

Prior to each workshop, I will be emailing out a symbol (or something similar) for each participant to work with leading up to the workshop (eg placing under your pillow or placing in your vision at your place of work etc..).

The symbol is programmed to help each participant attune with the entire group, and to foster a great learning event for your self individually and with all participants.

In my email I will let you all know what to do... so stay tuned for more details.

## **After each Workshop**

The day after each workshop, I strongly recommend that each participant take it easy and possibly even take a half day or full day off work.

We perform a lot of energy work in every workshop, as well as covering an incredible amount of information. Most people feel very tired at the conclusion of each workshop and this flows into the next day also. So I highly recommend you book a massage, take time out to sleep, walk along the beach or plan something nurturing for your soul. Self-Love is an important component of EofA.

Please note also, for those participants who intend to drive back and forth for each workshop day (but live a reasonable distance from Marrickville), from past experience participants have appreciated organizing accommodation nearby. It allows one to relax more, and really be in the energy's of the workshop without feeling so fatigued through driving.

Looking forward to a wonderful healing workshop with you all.

Love, Light & Blessings,

**Vicki Anderson**  
**Angelite Healing**

Certified Teacher, Essence of Angels Workshops