

## Meditation Class

Wednesday, July 8, 2009 6:30 pm – 9 pm Free Introduction  
**Vitality Wellness Centre** 3380 Portage Ave (at Rouge Rd), Winnipeg, MB (204) 831-8842  
Sign up for 4 weeks of classes: \$100.00

Wednesday, July 15, 2009 6:30 pm – 9 pm Going Deep into Self  
Wednesday, July 22, 2009 6:30 pm – 9 pm Exploring Healing Meditations  
Wednesday, July 29, 2009 6:30 pm – 9 pm Meditating With Sound  
Wednesday, Aug 5, 2009 6:30 pm – 9 pm Connecting With Your Divinity

Come out for the introductory class and learn why people meditation, the different ways to meditate and the science behind it all. Then follow that up with 4 weeks of meditation classes where you will get a chance to put into practise different styles of meditation.

Instructor: Angela Fiebelkorn (204) 895-9953 [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

## Spiritual Gifts: What Are They and How Can I Get Me Some?

Saturday, July 11, 2009 1 pm – 4 pm \$25 **The Sanctuary**  
**St. Norbert Arts Centre, 100 rue des Ruines du Monastere, St. Norbert, MB Canada (204) 231-3499**  
Instructor: Angela Fiebelkorn (204) 895-9953 [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

Join us as we explore the different types of spiritual gifts (mental mediumship, physical mediumship and psychic abilities) people can have. Ever wonder why some people can read cards or energy, and you 'don't get anything'? Could be you have a completely different kind of spiritual gift. Explore the different kinds of spiritual gifts, and what it takes to develop them within yourself.

## Learn To Read Teacups

Sunday, July 26, 2009 11 am to 5 pm \$60  
**Vitality Wellness Centre** 3380 Portage Ave (at Rouge Rd), Winnipeg, MB (204) 831-8842  
Instructor: Angela Fiebelkorn (204) 895-9953 [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

Want to learn how to read teacups? Come out and learn how to interpret the symbols formed in your teacup. The process we follow teaches you the basics of any type of psychic reading---in this case applied to the teacup. Bring a WHITE teacup and saucer with no designs on the inside or on the rim.

## Learn To Do 'Flame Readings'

Sunday, August 9, 2009 11 am to 5 pm \$60  
**Vitality Wellness Centre** 3380 Portage Ave (at Rouge Rd), Winnipeg, MB (204) 831-8842  
Instructor: Angela Fiebelkorn (204) 895-9953 [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

Want to learn how to do a flame reading? Come out and learn how to interpret the symbols formed by the 'soot' of the flame on a piece of paper. The process we follow teaches you the basics of any type of psychic reading---in this case applied to 'the flame'.

## Numerology

Wed, Thu, August 19 & 20      6:30 pm to 9 pm      \$50  
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Instructor: Angela Fiebelkorn      (204) 895-9953      [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

### **Wednesday, August 19, 2009      The Birth Date**

In this hands-on environment, you will each get a workbook and will learn step by step how to calculate and fill out your personal numerology report and interpret it. **Based on your birth date**, learn your life path and sub-paths, vibrations of the birthdate (gift and challenge), your attainment number and cycles, your life challenges, personal vibrations (year, month, and day cycles, undertones), universal vibrations (year, month and day cycles), and the hidden numbers. We will be adding numbers and filling out the workbook as we go, so bring a pen and a calculator (if you feel you want one).

### **Thursday, August 20, 2009      The Name**

In this hands-on environment, you will each get a workbook and will learn step by step how to calculate and fill out your personal numerology report and interpret it. **Using your name**, we will learn the soul urge, quiet self, and expression and their challenges, your hidden passion, sub-conscious self, eccentricity and more. We will be adding numbers and filling out the workbook as we go, so bring a pen and a calculator (if you feel you want one).

## **Experiments In Consciousness (Manifesting Class)**

Tues, Sept 15, Oct 13, Nov 10, Dec 8, 2009      6:30 pm to 9 pm      \$100  
**Vitality Wellness Centre** 3380 Portage Ave (at Rouge Rd), Winnipeg, MB (204) 831-8842  
**SUPPLIES:** Bring a journal and a pen to record and track your manifestations.  
Instructor: Angela Fiebelkorn      (204) 895-9953      [www.ExpressionsOfLight.ca](http://www.ExpressionsOfLight.ca)

**Sept 15/09** In this first class, we explore the scientific method we will use in our monthly experiment to create things in our life. We will cover both spiritual and quantum theories, and learn how humans create. Each month you will track how you are creating to learn what works for you and what doesn't. There will be homework this month as we focus on creating a sum of money.

**Oct 13/09** Review last month's manifestation exercise, and move onto another manifestation method where we will attract a person in our life to help with a project, or attract more clients, club members, friends, etc. This method is not used for attracting a romantic relationship. There will be homework this month as we focus on attracting a person into our life.

**Nov 10/09** Review last month's manifestation exercise, and move onto another manifestation method to create health in the physical body. There will be homework this month as we focus on creating a more healthy body.

**Dec 8/09** Review last month's manifestation exercise, and move onto another manifestation method to attract a romantic relationship or create more romance in an existing relationship. Continue documenting your method and results, then apply these principles to your future manifesting.