

Why meditate?

Discerning God's will for us can be a daily challenge. Praying for specific outcomes that don't arrive can cause us to disconnect from God—and ourselves.

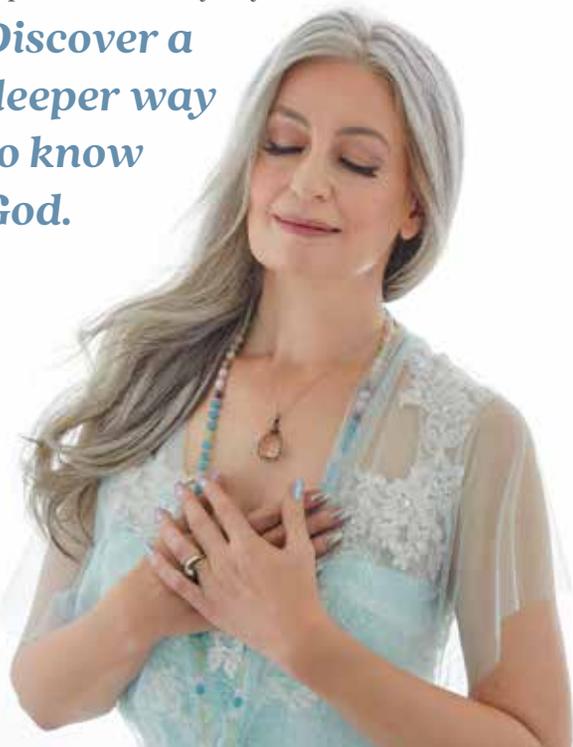
Meditation is the natural companion to prayer: a way to know God's will...by listening! When we practice meditation we align peacefully with God's will for us.

In this class, we'll explore different meditation techniques, including **pranayama** (breathwork), **mantra** (chanting), and **mudra** (hand gestures).

Tried meditation—and gave up?

Some people mistakenly believe that meditation means stopping our thoughts. Yet force and concentration alone don't work. I promise there is an **easier, more reliable** way! Ancient meditation technique, using breath and chanting, slows and even stops our thoughts, with practice. We'll cover all the basics that guarantee a satisfying and repeatable meditation experience—every day!

Discover a deeper way to know God.



"Sonya is a beautiful Light in this world. I highly recommend her workshops."

~ Violet Rayne | Littleton, CO

This Workshop is for YOU if you are:

- ✓ seeking inner peace and control over troubling thoughts, fears & fantasies
- ✓ consistently struggling to balance aspects of your life: prosperity, family, health, love, work, spirituality
- ✓ ready to overcome stuck, demoting habits that prevent your growth & self-confidence
- ✓ curious about your metaphysical anatomy beyond aura photos and what you've learned in yoga
- ✓ a healer wanting deeper knowledge of spiritual anatomy & techniques to re-set clients & self

Regular Registration **\$333**

Check online for Earlybird discount!!



Register Online

transformation-oracle.com

Sage Sanctuary

5019 Sage St., Pueblo CO 81009

SonyaShannonArtist@gmail.com



Sonya Shannon is an artist, author, reader, and teacher. A mystic vision at age 11 revealed her higher purpose and path. At 15, she began to create divinely inspired artwork and to channel spiritual messages. Her journey led to Kundalini yoga and meditation. She is passionate about helping people overcome childhood wounds, and believes that each human being is entitled to a birthright of empowerment, self-fulfillment, and connection to the Divine.

Listening to God

A Meditation Workshop

Join us for the weekend!

Saturday December 10 • 10 am - 5 pm

Sunday December 11 • 10 am - 5 pm



Sage Sanctuary

5019 Sage St., Pueblo CO 81009

with Sonya Shannon

Listening to God

A MEDITATION WORKSHOP with Sonya Shannon

Saturday • Discerning God's Will

December 10, 2022 • 10:00am - 1:00pm

Introduction

- A Spiritual Look at How Humans are Made
- The 3 Brains: Head, Heart and Gut
- The 3 Minds: Negative, Positive and Neutral

Meditation Basics

Breathwork Basics

- Slowing the Breath
- Left-Right Brain-Balancing Meditation

Sound Bath Meditation

Finding God When Lost...

December 10, 2022 • 2:00pm - 5:00pm

- Meditation to Overcome Depression
- Celestial Communication Meditation
- Meditation to Conquer Difficult Challenges
- Drawing Meditation
- Guided Meditation: To Your Favorite Place

Throughout the weekend, we will intersperse concentrated meditation practice with other activities that include journaling, learning, movement, and the use of sound. At times, we will go into a deep relaxation state, and at other times we make loud sounds and even dance. Please come prepared with comfortable clothing. A complete list will be sent to registered participants.

Sunday • Living in Divine Light

December 11, 2022 • 10:00am - 1:00pm

Meditation to Release Fear and Calm the Heart Creating Sacred Space

- Clearing and Opening a Space for the Divine
- The God Box
- The Home Altar & Meditation Space

Meditation for Prosperity and Success

- Meditation for Sleep at Bedtime
- Walking Meditation

Seeing God in All, Knowing God in Me

December 11, 2022 • 2:00am-5:00pm

- Meditation to Release Angry Thoughts
- Meditation for Deeper Connection with Others
- Partner Meditation
- Guided Meditation: God and Me, Me and God



Registration Includes:

- ✓12 Hours of Immersion with Sonya Shannon
- ✓Complete Course Notes (PDF)
- ✓Glossary of Terms & Pronunciations
- ✓Partner Meditation Techniques
- ✓Hot Lunch Both Days - Vegetarian & Omnivore
- ✓Music & Mantra Playlist
- ✓Community & Sharing
- ✓Deep Healing & Empowerment

What People Are Saying...

"This workshop helped me release a very old pattern and restore my hope. I could see how my higher self is connected, I could see me becoming One. The course notes and definitions are wonderful—so much was given!"

~ Deborah Bentley | Pueblo, CO

"This workshop gave me new, beautiful ways to connect with the Divine. I.L.O.V.E.D. the prayer walk—such calmness and energy. The meditation to focus the mind touched me very deeply, especially when we came to 'Death': very moving. I recommend this class for grieving persons - I was finally able to release my loved one."

~ Roxann Murphy | Pueblo, CO

"The music in our workshop was wonderful...very relaxing. I enjoyed the personal stories that Sonya shared. So grateful to have the course notebook. Loved this workshop—everyone would benefit from taking it."

~ Lin Walsh | Littleton, CO

"I felt such a powerful connection to myself and my Higher Power (GOD) through the different techniques of breath work, mudras, postures and eye focus. Sonya's teaching brought me closer to my inner self!"

~ Kevin Gallegos | Pueblo West, CO

"The teaching on the Ten Bodies, which we had never heard, opened up awareness of a lingering issue—and a way to heal and transform. The book, music, incense and activities were put together to be easily understood, and Sonya did an amazing job of presenting it all in love with a sweet and joyful spirit."

~ Joanne Pullara | Pueblo, CO