

Why meditate?

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

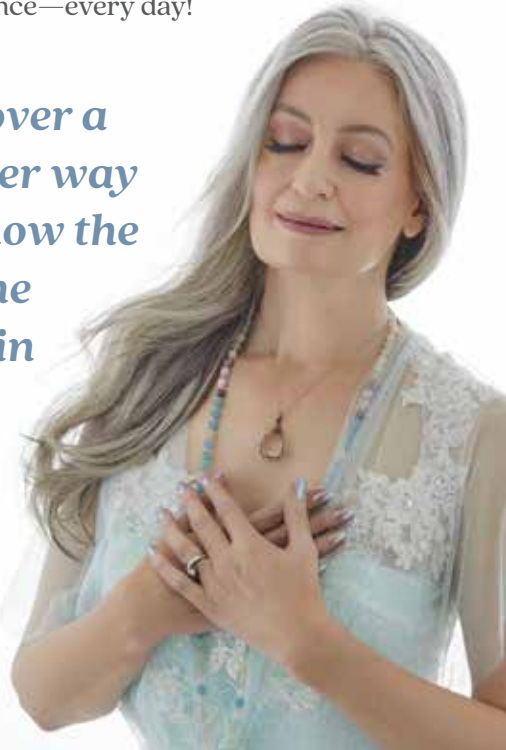
Meditation is the natural companion to prayer: a way to know Spirit's will...by listening! When we practice meditation we align peacefully with Divine will for us.

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 the Divine within you



"Sonya is a beautiful Light in this world. I highly recommend her workshops." ~ Violet Rayne, Owner
Discover Your Spiritual Gifts | Littleton, CO

These classes are 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**

Register Online

transformation-oracle.com

Walking the Intuitive Path Center

1530 N Boise Ave, Ste 206
Loveland CO 80538-4240

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 Spirit

2-Day Meditation Workshop

Sat. & Sun. April 12 & 13, 2025

10 am - 5 pm



Walking the Intuitive Path Center

1530 N Boise Ave, Ste 206
Loveland CO 80538-4240

with Sonya Shannon

Listening to Spirit

A MEDITATION WORKSHOP
with Sonya Shannon

1 Overcome Fear

Saturday, April 12, 2025 • 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 & Breathwork Basics

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

Sound Bath Meditation

2 Find Spirit When “Lost”

Saturday, April 12, 2025 • 2:00 - 5:00pm

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

“Sonya Shannon is a tremendous, caring, spiritual warrior, healer, mentor, and an Angel of Divine Light. The workshop was outstanding & amazing as it covered Breath Work, Chakras, Mudras, a Meditation Practice to move forward with in my daily life, and “The Ten Light Bodies of Consciousness” (an amazing workshop). Skills learned were life changing for me around meditation and beliefs of “I couldn’t” vs. “I can”, how to curb depression and invoke protection with deep meditation. Really exciting and fun was learning to create my meditation area & Sacred Altar. ”

~ Jim “Bridgewalker” Stephens | Thornton, CO

3 Live in Divine Light

Sunday, April 13, 2025 • 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

4 See Spirit in All

Sunday, April 13, 2025 • 2:00 - 5:00pm

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



Meditation Series Includes:

- ✓ 12 Hours/class of Immersion with Sonya Shannon
- ✓ Complete Course Notes (PDF)
- ✓ Glossary of Terms & Pronunciations
- ✓ Partner Meditation Techniques
- ✓ Music & Mantra Playlist
- ✓ Community & Sharing
- ✓ Deep Healing & Empowerment

What People Say...

“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

“The minute I met you I had wonderful vibes about you. I am truly honored and blessed to have you for a teacher. I tear up every time I think about the Spirit name you gave me. I have asked Spirit/ GOD to help guide me to live up to my name. I learned so much this weekend. Thank you. ”

~ Shelli Tezak | Cañon City, CO

“The teaching on the Ten Bodies, 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