

ENERGETICS

INTUITIVE READING / ENERGY HEALING SESSIONS WITH RICHARD LANZA

Richard has been doing psychic / intuitive readings & energy healing which stemmed from a natural interest he developed at an early age. His passion is vinyasa yoga, creative & playful sequencing, and creating classes that allows one to experience a deeper connection to self. Richard's purpose is to provide the space to allow individuals the opportunity to transform their lives, to empower themselves, and explore one's own unique potential.

Workshops/Classes for Richard during Retreat

- **Vinyasa w/ Shawn, Richard, & Joseph**

Friday 6:30 - 8 pm & Sunday 7 - 8:30 pm

Active & Challenging Vinyasa Flow - all levels

- **Guided Meditation - Clearing the Heart w Richard**

Saturday 2 - 2:45 pm

This guided meditation is designed to support you in releasing old patterns of self judgement and deepen the experience of forgiveness.

- **Crystal Healing w/ Shawn & Richard**

Saturday 4:00 - 5:00 pm

Plant 'energetic seeds' to fulfill your personal intensions in this simple restorative yoga class that combines the use of gemstones and hands-on energy healing.

- **Restorative Yoga w/ Shawn, Richard, & Joseph**

Saturday 6 pm-8 pm

Sudents will experience profound states of inner calm while being bathed in sounds of live digeridoo and hands-on nurturing touch.

- **Guided Meditation w Joseph & Richard**

Saturday 1:45 - 2:45 pm

A guided meditation with the deeply therapeutic sounds of the didgeridoo.

- **Active & Passive Yin w/ Richard, Shawn, & Joseph**

Sunday 4:30- 6:30 pm

Accompanied by the sounds of live Didgeridoo this class will combine the experience of actively holding yoga postures followed by moving into a gentle posture that allows for deeper physical release.

Private Sessions Appointment times with Richard
Sessions will include intuitive reading and /or an energy healing session. During the reading Tarot Cards and Palmistry may be used.

Saturday

1-1:30 pm

Sunday

10-10:30 am

10:45-11:15 am

11:30 -12pm

stand-alone price - \$40/session

All-inclusive attendee discount - \$35/session



**to schedule an appt. with Richard,
call or text 781-820-8039
HypnoMeditations.org
OpenDoors7.com**

