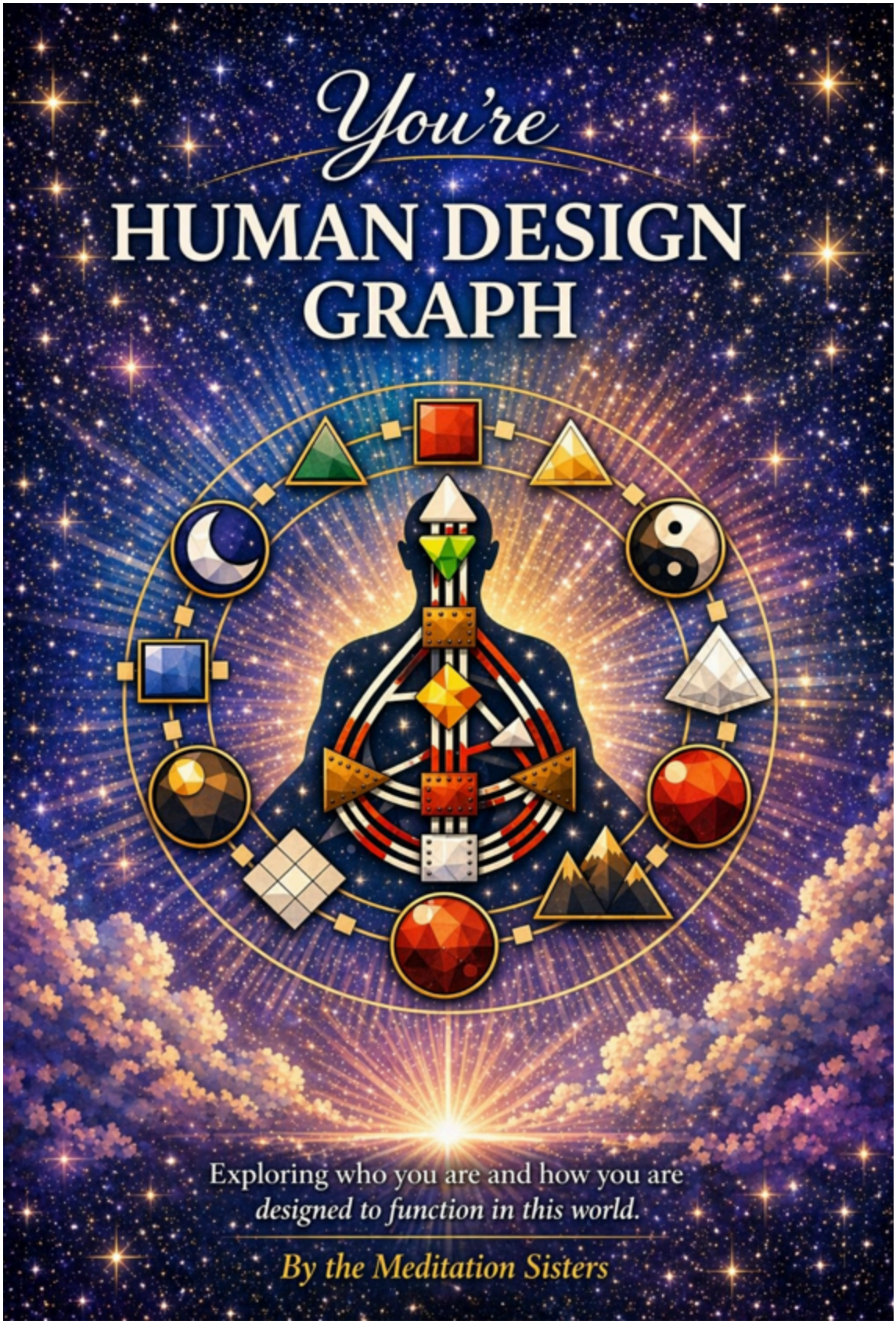
These are Private Workshops we offer (not events or classes). These are when people or companies would call us for pricing and scheduling. We are only providing the ones from our current website that we are keeping.


You're
HUMAN DESIGN
GRAPH
Exploring who you are and how you are
designed to function in this world.
By the Meditation Sisters

Human Design - One On One Workshop

Human Design is a powerful system of self-discovery that reveals the unique way you are designed to move through life.

Using your birth date, time, and location, it creates a personalized energetic blueprint—often called a BodyGraph—that offers insight into how you make decisions, use your energy, communicate, and align with your natural rhythm.

Rooted in a synthesis of ancient wisdom and modern insight—including astrology, the I Ching, the chakra system, and Kabbalah—Human Design gently illuminates your strengths, patterns, and the conditioning that may have pulled you away from your true nature.

Think of it as a **personal roadmap… or an energetic operating manual for your life.** A way to understand yourself more deeply, navigate relationships with greater ease, and move through the world in alignment rather than resistance.

At its heart, Human Design is an invitation to **return to yourself**—
to trust your inner guidance, honor your energy, and rest into the truth of who you've always been.

Your Energetic Blueprint of YOUR True Nature Awaits! Contact Lisa at 267.994.4222 to begin your journey.



Sound Bath Journey - Workplace or Private Event

Sound Bath Journey for Your Workplace or Private Event

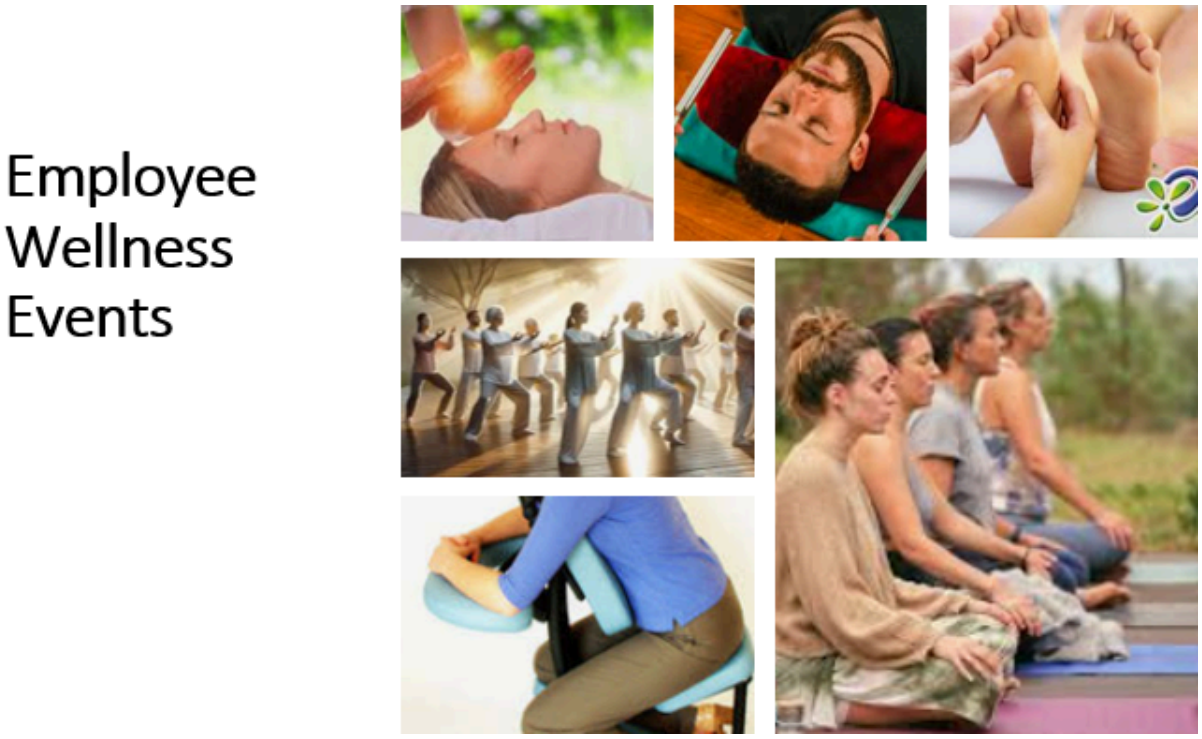
Invite your group to experience a deeply relaxing and restorative **Sound Bath Journey**—perfect for workplace wellness programs, team retreats, or private gatherings.

We'll bring the soothing power of over 25 instruments to create an immersive soundscape that gently vibrates through the body and mind. Along with a guided meditation, these harmonious tones help release stress, quiet the mind, and restore balance on a cellular level.

Your group will leave feeling refreshed, relaxed, and re-centered.

✨ Available at **your location or ours**.

Contact us at Info@MeditationSisters.com or by using the Contact Us tab on the website.



Workplace Well-Care Experience

Show your team just how much you value their dedication by treating them to a day of relaxation and renewal.

Invite your employees to step away from the stress of the day and enjoy **customizable wellness sessions** designed to restore balance and energy.

Choose from:

💺 Chair Massage
🎶 Tuning Fork Therapy
👣 Reflexology
🧘 Guided Meditation & Mindfulness
✨ Mini Reiki Sessions
🌿 Gentle Qi Gong Movement

Mix and match services to create the perfect experience for your group. Your employees will return feeling refreshed, valued, and deeply cared for.

The best investment you can make is in the well-being of your team.

✨ Available at **your location or ours**.

Contact us at Info@MeditationSisters.com or by using the Contact Us tab on the website.



Decoupage Workshop

Now Available!!

Join us in this Mindful & Creative Workshop

Decoupage Class with Meditation Sisters

Discover the joy of slowing down while creating something beautiful.

Join us for a relaxing, hands-on **Decoupage Workshop** where art becomes a meditation.

🌿 **What to Expect:**

- Learn simple decoupage techniques
- Create a unique, personalized piece to take home
- Experience mindfulness through creativity
- Connect with others in a calming, supportive space

A meaningful practice, a tangible keepsake.

Our place or Yours!

Contact us at Info@MeditationSisters.com or use the Contact Us tab on the website.



Mandala Workshop

Join us for an indoor creative sanctuary where art meets mindfulness. In this workshop, you'll be gently guided through the process of creating your own personal mandala – a sacred circle that reflects your inner world.

No artistic experience is needed – just bring your curiosity and an open heart.

Through intention-setting, simple meditative practices, and peaceful creation time, you'll explore the calming power of pattern, color, and shape.

This journey is about presence, not perfection. It's about reconnecting with your center, one line at a time.

- [ ] What's Included:

Guided intention-setting & grounding
All art materials provided
Space to create, reflect, and share
Music

- [ ] No art experience needed

This event is relaxing, introspective, and opens up creativity in a mindful way.

A meaningful practice, a tangible keepsake.

Our place or Yours!

Contact us at Info@MeditationSisters.com or use the Contact Us tab on the website.



Intention Bottle Workshop

Join us for a transformative and creative workshop designed to help you release what no longer serves you and invite in new energy.

We'll begin with guided meditation to gently reflect on what you are ready to let go. You'll then write your release on paper and symbolically burn it, sending it away with the flames. From this space of renewal, you'll set a fresh intention for what you wish to call into your life.

Next, you'll craft your very own **Intention Bottle**—a keepsake filled with Earth's healing crystals and your written intention, held safely inside as a reminder of your path forward.

We'll close with a sealing meditation to anchor your new energy and affirm your commitment. You'll leave with your personalized Intention Bottle, carrying both the beauty of your creation and the power of your intentions.

A meaningful practice, a tangible keepsake, and a moment to honor your journey.

Our place or Yours!

Contact us at Info@MeditationSisters.com or use the Contact Us tab on the website.



What I Can Control and What I Can't

- Boundaries
- Thoughts
- Actions
- Past
- Others

* What I give my energy to
* How I speak to myself
* Handling Challenges
* Future
* Trauma

What I Can and What I Can't Control Workshop

It's Time For Us to Take Care of Your Well-being

We all like to feel as if we are in control, but there are times outside forces take over. In this workshop, we will explore what we can control, what we can't control, we will touch on traumas and other life experiences that make us feel lack of control.

We will experience short meditations to understand what it 'feels' like to be in control and how it feels to not be in control.

We will discover healthy ways of responding to situtations when we are not in control and how the universe works with us to open new possibilities.



Monkey Mind to Mindfulness

Beginners workshop allowing for brief history of mindfulness, what it is and why we should practice it in daily life; Learn how to be mindful in daily living. Reduce stress, understand emotions; Learn how to focus and explore behaviors.



I'm Over Here

For all levels, This workshop blends mindfulness, meditation and energy work as we explore where you allow your energy to go, where you left it, who’s consumes your energy and how to reel yourself back in to become whole again.



Kids Feeling Calm Series

Come join us for a little fun while learning how to be Mindful and Calm. The workshop consists of 9 powerful sessions designed to help kids ages 5-11 (parents and teachers welcome) to learn how to focus, be mindful, understand their emotions and how to respond to others in a healthy way. No matter if they want to just learn new skill sets, have Autism, ADHD or other struggles that they would benefit learning new skills to navigate through life's challenges, we would love to have them attend our workshops.

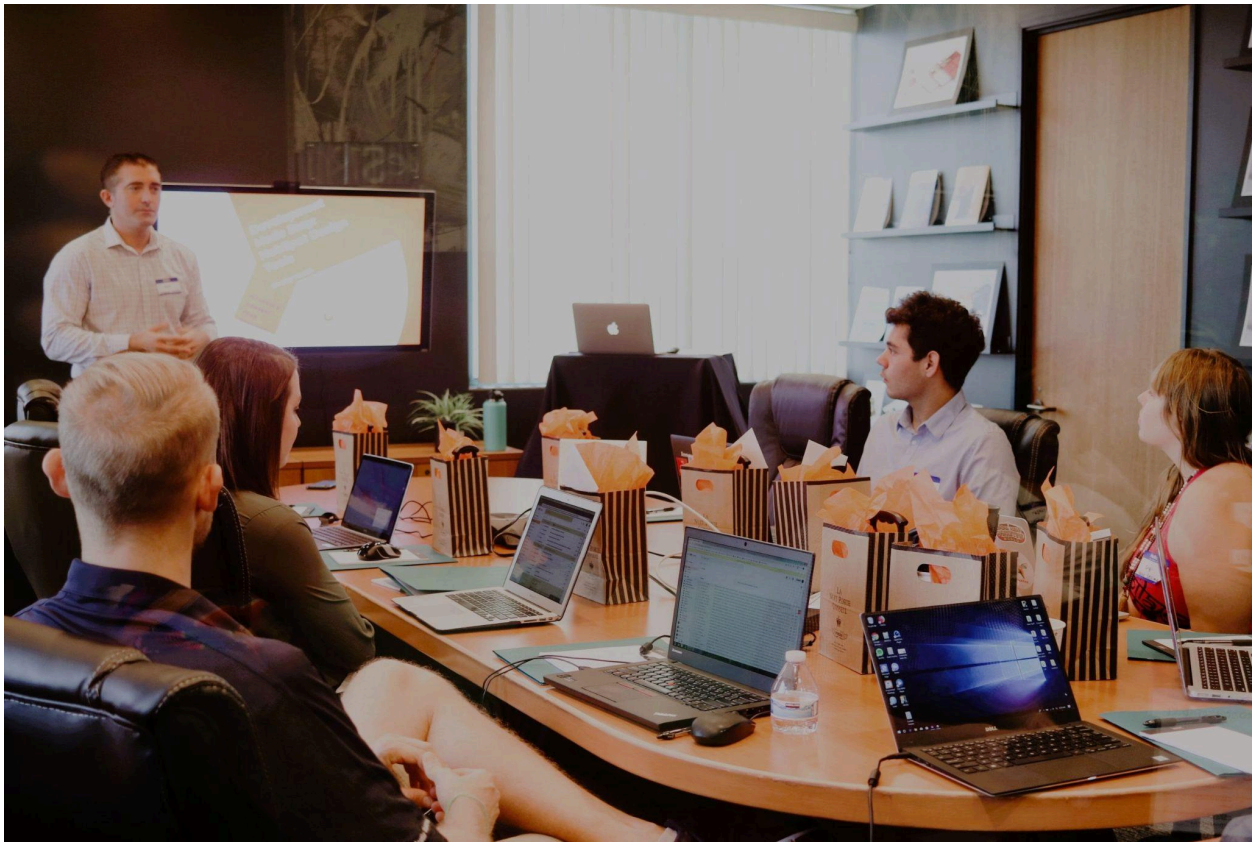
Kids Feeling Calm Series



Onward to Adulthood Series

Come join us for self-exploration as we learn how to transition from being a teenager to becoming an adult with Mindfulness and Ease.

The workshop consists of 8 powerful sessions designed to help Teenagers and Young Adults to develop tools to navigate into adulthood. Exploring kindness; Tuning into one's self and understanding why we do the things we do, where we are and where we want to be; Visualizing the future and figuring out how to get there in a healthy way.



Mindful Leadership

Presenting an inspiring workshop on Mindful Leadership, where you'll discover the power of leading with intention, empathy and clarity. Learn how to unlock your full leadership potential and create a positive impact on your team and organization.

This training is designed for all levels of leadership who are interested in developing their emotional intelligence, who seek to create more authentic connections, build trust, foster positive work environments, find new perspectives and integrating it into their leadership approach.



Mindfulness Workshop for People with Autism

The workshop is designed for people on the spectrum. Designed for Teens through Adults to empower themselves and add skill sets to your tool belt.

Learn techniques to stay calm, explore feelings and emotions, settle anxiety, remember to pause, focus and shine, avoiding the emltdown and designing your life to plan for good outcomes.



Calming the Busy Mind

Beginners workshop allowing for brief history of mindfulness, what it is and why we should practice it in daily life; Learn how to be mindful in daily living. Reduce stress,

understand emotions; Learn how to focus and explore behaviors. This is a shortened version of the original Monkey Mind Workshop.



Understanding the Mind and Ego Workshop

The workshop is designed for people who have taken the Monkey Mind Workshop and are ready to dive into our thinking mind; our ego, that tells us who we think we are; the roles we play in life, our values and finding our authentic self. Calming the Busy Mind Workshop is a prerequisite for this workshop.



Transforming Leaders - Change

Presenting an inspiring workshop on Mindful Leadership, where you'll discover the power of leading with intention, empathy and clarity. Learn how to engage, excite and show compassion when change occurs.

This training is designed for all levels of leadership who are interested in developing their emotional intelligence, who seek to create more authentic connections, build trust, foster positive work environments, find new perspectives and integrating it into their leadership approach.



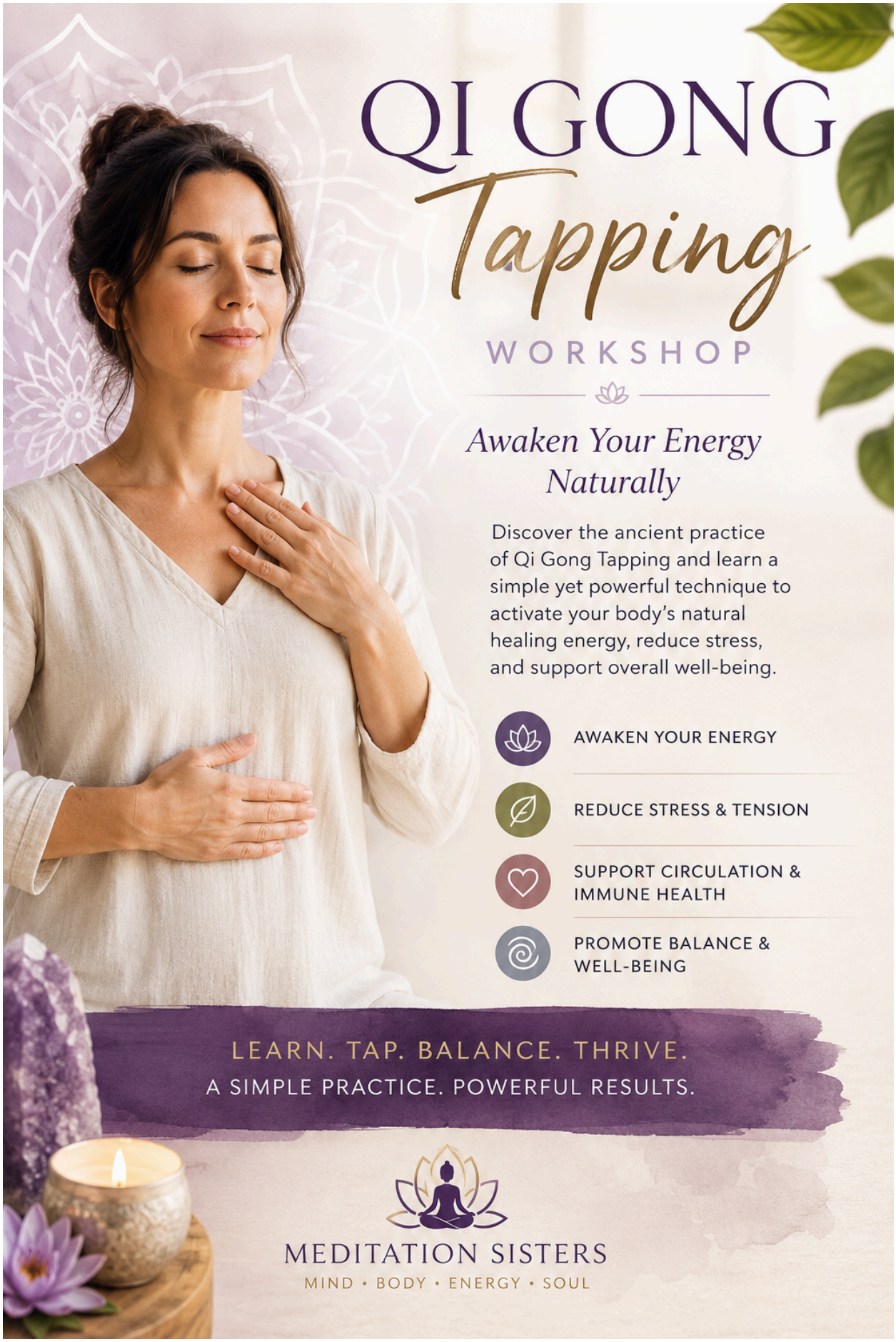
Breathwork & Self-Compassion Workshop

The workshop consists of teachings and practices of breathwork and self-compassion.

Learn the benefits and techniques of breathwork as well as self-compassion and the reason why it's a great practice!

Relieve stress, pain and anxiety naturally. Great for wellness appreciation days for your staff, patients/clients events, family and friends. No group is too small! Show yourself and others alittle kindness!

No matter if you are curious and want to just learn new skill sets or have struggles that you would benefit learning new skills to navigate through life's challenges, we would love to have you attend our workshops.


QI GONG
Tapping
WORKSHOP
Awaken Your Energy Naturally
Discover the ancient practice of Qi Gong Tapping and learn a simple yet powerful technique to activate your body's natural healing energy, reduce stress, and support overall well-being.
AWAKEN YOUR ENERGY
REDUCE STRESS & TENSION
SUPPORT CIRCULATION & IMMUNE HEALTH
PROMOTE BALANCE & WELL-BEING
LEARN. TAP. BALANCE. THRIVE.
A SIMPLE PRACTICE. POWERFUL RESULTS.
MEDITATION SISTERS
MIND • BODY • ENERGY • SOUL

Qi Gong Tapping Workshop

Awaken Your Energy Naturally

Discover the ancient practice of **Qi Gong Tapping**, a simple yet powerful wellness technique that helps activate the body's natural healing energy. Rooted in Traditional Chinese Medicine, this gentle practice stimulates energy meridians through rhythmic tapping, encouraging the free flow of Qi (life force energy) throughout the body.

In this engaging, hands-on workshop, you'll learn the philosophy behind Qi Gong, explore the body's energetic pathways, and experience a guided tapping sequence designed to support physical, mental, and emotional well-being.

During this workshop you'll learn:

- The history and philosophy of Qi Gong
- How energy meridians support overall health and vitality
- Proper tapping techniques and the key areas of the body to stimulate
- How Qi Gong Tapping may help reduce stress, improve circulation, support the immune system, and promote relaxation
- A complete daily tapping routine you can confidently practice at home

This workshop is designed to leave you feeling refreshed, grounded, energized, and empowered with a simple self-care practice you can incorporate into your everyday life.

No experience is necessary. Suitable for all ages and fitness levels, Qi Gong Tapping can easily be adapted to your own comfort level. Wear comfortable clothing and come ready to discover a gentle practice that nourishes both body and mind.

Whether you're seeking greater vitality, stress relief, or simply a new way to care for yourself, this workshop offers practical tools you can use long after the class has ended.