



The Joy of Crystals

An exciting day exploring the magic and healing of crystal energy

“Crystals amplify the consciousness “- Shirley Maclaine

Are you curious about the world of crystals and not quite sure where to start?


This workshop will give you the introduction to all you need to know to embrace the power of these beautiful stones from Mother Earth.

Content covered includes:

- How crystals work,
- What you can use crystals for,
- How to cleanse and charge crystals,
- What crystals to use for what and
- How to use crystals in your home and your day to day life



This workshop is presented by Taryn Sydow, who is a spiritual healer and founder of Surrender to your Soul (www.surrendertoyoursoul.com)



Dates: 7 May 2016
Time: 9:00am - 5:00pm
Venue: 28 Pytchley Road, Bryanston
Price: R 1 000 per person

Price includes all workshop materials, snacks and light lunch and a crystal kit worth R250.

Spaces are limited to 15 people so book your spot today

Email: taryn@optimalcoaching.co.za