

# Balancing your Vibration

**The Time is Now!**

*Commit yourself to a 100 day Journey to Connect with your  
Higher Self and make it manifest on Earth*



**Part I:** *Begin 100 day training ~ Intensive 4 day* May 30-June 2 Earth Rest, Hiram, ME  
Connecting with and Clarifying your Own Path of Light

**Part II:** Integration ~ Conference calls held weekly on Sunday Evenings  
Guidance and Support for Self Practice in Daily Life

**Part III:** *Completion of 100 day training ~ Intensive 4 day* September 5-8 location TBA  
Completion of the Course

## **Balancing your Vibration Workshops Focus on Healing the Mind, Body, and Spirit.**

Methods taught in Balancing your Vibration Workshops:

- 1) Do-In (meridian exercise), Dahn Mu Do (non-combative healing martial art) and Chakra Breathwork to release old energy trapped within and create fresh circulation that is in alignment with Purpose.
- 2) Journey within through Shamanism to emotionally detach from patterns and connect with higher realms.
- 3) Authentic Relationship practice which will move you into vibrational alignment with higher self in all personal and professional relationships.
- 4) Vision boards for the purpose of continuing your life's journey.

At the completion of the first 4 day intensive, participants will be encouraged and supported to create a routine for self practice over the course of the summer incorporating methods taught in the workshop to integrate into daily life. Weekly conference calls between the two 4 day intensives will serve to follow up and encourage continued self practice and incorporation as well as to continue the vibration created with the group energy.

Price \$1500

Price includes: lodging; 8 days of intensive training; weekly follow-up calls, materials for vision board; most meals (will be announced closer to the event, we may ask you to bring a few potluck items)

**Commitment and \$500 Deposit by April 1<sup>st</sup>** to Alternative Adventures c/o Claudia Ragonese, 14017 Allston Ave, Spring Hill, FL,34609. Phone (603) 988-4938. Email [cragonesi@hotmail.com](mailto:cragonesi@hotmail.com).

Not included: flight; transportation to and from the airport; reading materials

### **Facilitators Biographies**

Rev. Claudia "Dancing Waters" Ragonese is a Holistic Practitioner. Claudia has an enthusiasm for nature, ritual, and personal transformation that brings a rich blend of offerings to her clients, and retreat adventures. She actively leads spiritual pilgrimages, workshops, seminars and classes in sacred sites around the world. She currently facilitates a 2 year intensive Holistic Training in Universal Healing certification course as well a private practice in Maine.

Lucie Vogel is committed to a life of conscious connection to source for herself and humankind. While having a passion and respect for all modalities that assist people in this process, she has committed her primary focus to utilizing the chakra and energy meridian channel system as well as authentic relationship practice as ways to release disconnection and move into alignment with one's divine purpose. She did a monastic study of the Korean practices of Dahn Yoga and Dahn Mu Do from 2001 to 2007 and currently has a private practice in the Pioneer Valley of Massachusetts.