

## Regular Readings & Services

**Mondays:** Therapeutic Massage with Rhonda Lackow, LMT, RMT

Meditation Circle with Lindsey O'Connell @ 1-2pm

**Tues & Saturdays:** Tarot Readings, Crystal Sound Bowls, Reiki and More! with Maria Davis

**Tuesdays, Wednesdays, and Thursdays:** Channeled Readings with Annalisa Breisler

**Wednesdays, Thursdays, and Fridays:** Acupuncture with Casey Potetz

**Fridays @ 5:30-6:30pm:** Sound Bath Meditation with Lindsey or Sue

**By Appointment:** Private Sound Healings with Lindsey O'Connell

**Psychic Medium/Remote Viewing Readings w/ Nancy du Tertre** 2<sup>nd</sup> Fri & Sat of the month

**Readings with Andrea** May 20 & 21

**Psychic Mediumship Readings with Katharine** May 4

**EFT Tapping sessions and/or Reiki, Sound & Card Pull** with Rebecca Ulisse

## Weekly Yoga & Qi Gong Classes (Packages Available SAVE 20%)

COMPLIMENTARY 1<sup>ST</sup> CLASS FOR: CHRISTY, JANET, JOSH, KATHARINE & MELISSA

**Mondays:** Ashtanga Yoga Practice with Patty Macrae 9-10:15am (Wed & Fri)

Kundalini Yoga starting on May 13 ~ Every Monday @ 11am-12pm

Flow with Restorative with Melissa First Monday of the Month @ 6-7:15pm

**Tuesdays:** Gentle Yoga with Christy @ 9:30-10:30am

Kundalini Yoga with Gong Bath with Katharine @ 7:30-8:30pm

**Wednesdays:** Gentle Yoga with Christy @ 11am

**Fridays:** Qi Gong with Josh @ 11am-12pm Every other Friday

**Sundays:** Restorative with Liz Wendel @ 4-5:30pm May 5 (1<sup>st</sup> Sunday of the month)

Chakra Series with Jackie Jackson (1<sup>st</sup> Sunday of the month)

Restorative with Tarot with Christy on May 21 @ 5:45pm

## Reiki Certification Classes with Maria Davis

Reiki is a Japanese word meaning UNIVERSAL LIFE FORCE ENERGY. It is based on the concept that everything in the universe is made up of energy and this life force energy that flows all around us can be drawn into the body to heal. It is a healing art that works with the imbalances of the body, mind, and spirit to support good health and well-being.

**Reiki I:** You will learn about the chakras, hand positions, history of Reiki & how to treat for yourself, family members & even pets. There is an attunement to "awaken" you to the universal life force energy. **\$250 June 15 @ 10am; September 14 @ 10am**

**Reiki II:** You will learn about the following: understanding auras, reiki sacred symbols, distance Healing - CAN SEND ANYWHERE IN THE WORLD, cellular memory- Cellular memory technique, helps clear past traumas and unwanted patterns by healing "core issues," events that have long since been buried are released. There will be an attunement to the Reiki 2 energy. We will also do a healing session, and a certificate will be awarded upon completion. You must be certified in Reiki 1 before taking Reiki 2. **\$325 May 19 @ 10am-4pm; May 22 @ 9:30am; October 20 @ 10am**

**Master Reiki:** Reiki Level 3 includes: Master sacred symbols, learn how to do an attunement and how to teach Reiki, an understanding of Chakras 8-12, receive an attunement to the Reiki 3 energy and a certificate will be awarded upon completion. If you have completed Reiki Level 1 and 2 and would like to raise your energy level, this is the class for you. It's a deep commitment to the practice of Reiki. **\$375 May 11 @ 11:30-5:30pm; September 6 @ 12-6pm**

\*\*\*\*\*Karuna Practitioner Reiki Certification June 22 @ 10am\*\*\*\*Master Karuna Practitioner Reiki Certification October 12 @ 10am\*\*\*\*



**SOUND HEALING LEVEL 1 CERTIFICATION: HARMONIZING BODY, MIND, AND SPIRIT WITH LINDSEY O'CONNELL ON MAY 17 @ 5:30-9PM** Ready to embark on a journey to become a certified Sound Healer? Join our Level 1 Sound Healing Course, where ancient wisdom meets modern science in a transformative experience. Learn the science and art of sound healing. Experience the impact of frequencies through hands-on playing of singing bowls, chimes, and more. Discover how to weave healing sounds into daily life and lay the foundation for your professional practice. Sign up now and take the first step towards certification and a harmonious future!

**MESSAGES FROM SPIRIT WITH DR. KRISTA STANLEY IN THE SHUNGITE ROOM ON MAY 4, 12, AND 25 – LIMITED TO 7**

Dr. Stanley blends with a Spirit-contact for each participant. This contact may be a recently passed loved one, an ancestor, a long-lost friend, a spirit guide, or an inspirer. This small group demonstration is warm, lively, and encourages feeling deeply into the energy of Spirit. This work will open your heart, relieve your grief, and soothe your soul.



**KUNDALINI YOGA MONDAYS @ 11AM WITH JANET ASPEN STARTING MAY 13!** Kundalini yoga is a comprehensive ancient practice that combines movement, mantra, breathwork and meditation to facilitate the most efficient use of our innate energy. It clears blocks, increases vitality and creates alignment in body, mind and spirit. Each kriya (combination of movement, mantra, breathwork and meditation) is different, targeting different aspects of self and well-being (physical/mental/emotional/energetic). This practice meets you exactly where you are. 1st CLASS FREE USE CODE JANET

**CRYSTAL CLASS - EVERYTHING YOU WANT TO KNOW! WITH ANNALISA BREISLER AND CHRISTY ABATE ON MAY 16 @ 6-8:15PM** Come for a 2+ hour "gemmed"

pack experiential class where you will explore the world of crystals. This class is open to all who are curious about why crystals work, how to work with them, how to select crystals (for specific needs), and how to care for them. We will take you on a journey inside the earth and you will emerge with a few crystals and a lot of insight! Other dates available -see website

**INTRO TO SOUND HEALING: TUNING FORKS WITH SAMER GHADRY ON MAY 20 @ 6:15-7:45PM** A 90 minute course on the essential basics of sound healing using tuning forks. Begin your journey into sound based wellness practices with simple practices based using Biosonics tuning forks. Learn about both the clinical and intuitive aspects of the work, have hands-on experience under the guidance of an experienced teacher, and gain confidence with safe and effective approaches to sound healing that will benefit you, your loved ones and community.



**INTRO TO SHAMANISM SERIES - CONNECT WITH STONES & CRYSTALS WITH THE SHAMANIC JOURNEY WITH DEANA PAQUA ON MAY 8 @ 6:30-8PM** In this class we will learn the basics of Contemporary Shamanic practice. We will learn to connect on a deeper level with our favorite stone and crystal allies through the Shamanic Journey process. Find out more about what these ancient allies can teach us. Open to all levels of experience. Deana Paqua MA, LMT is a Teacher, Mentor and Practitioner in Contemporary Shamanism, Cross-Cultural Energy Medicine, Reiki & Tarot.

**WEBSITE FOR ALL OF OUR UPCOMING EVENTS! [www.theangelcoop.com](http://www.theangelcoop.com)**



<p><b>LET'S GET SOCIAL</b></p> <p>Instagram @shungiteroom YouTube The Angel Cooperative Twitter @angelcoopct</p> <p>Thank you for voting us Best Spiritual Store!!!</p>	<p><b>APRIL 29</b>  <b>10am-4pm</b> Intuitive Bodywork &amp; Massage w/ Rhonda* \$145+  <b>11am-5pm</b> Readings with Andrea in The Shungite Room \$60+  <b>11:15am-12:15pm</b> FREE A Course in Miracles Book Club with Ronni*  <b>1-2pm</b> Meditation Circle with Lindsey* \$25 (1<sup>st</sup> class FREE)  <b>6-7:30pm</b> Psychic &amp; Mediumship Development Class with Dr. Krista*</p>	<p><b>APRIL 30</b>  <b>11am-5pm</b> Readings with Andrea in The Shungite Room \$60+  <b>9:30-10:30am</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <i>SUB JACKIE</i>  <b>2-5pm</b> Private Shamanic Reiki &amp; Tarot Sessions w/Deana Paqua* \$75+  <b>7:30-8:30pm</b> Kundalini Yoga with Gong Bath with Katharine* \$25</p>	<p><b>MAY 1</b>  <b>10am-5pm</b> Readings with Jeanne Street \$88  <b>11am-12pm</b> NO CLASS TODAY  Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)</p>	<p><b>MAY 2</b>  <b>EXCITING NEWS!</b>  <b>Book Release Event for "Real Life Intuition" with award winning author</b>    <b>Melanie Barnum!</b>  Event is FREE! All welcome for this fun &amp; interactive event!  6:30-8:30pm @ The Angel Wing</p>	<p><b>MAY 3</b>  <b>11am-12pm</b> Qi Gong with Josh* \$25 (1<sup>st</sup> class FREE)  <b>5:30-6:30pm</b> Sound Bath Meditation with Lindsey* \$35  <b>7-8:15pm</b> New Moon in Taurus with Lindsey* \$25</p>	<p><b>MAY 4</b>  <b>11am-12:30pm</b> Messages from Spirit with Dr. Krista in The Shungite Room \$70  <b>2-5pm</b> Psychic Mediumship Readings with Katharine \$75</p>
<p><b>MAY 5</b>  <b>10am-4pm</b> DROP-IN EVENT Make a Bear stuffed with Crystals with Gillian \$29+  <b>10:30am-12pm</b> Sacral Chakra Embodiment Workshop with Jackie Jackson* \$35  <b>1-3pm</b> Dreamwork Series with Dr. Krista* \$60/2-part class  <b>4-5:30pm</b> Restorative Yoga with Liz Wendel* \$30</p>	<p><b>MAY 6</b>  <b>10am-5pm</b> Readings, Reiki, and Sound Healing w/Mica \$60+  <b>10am-4pm</b> Intuitive Bodywork &amp; Massage w/ Rhonda* \$145+  <b>11:15am-12:15pm</b> FREE A Course in Miracles Book Club with Ronni*  <b>1-2pm</b> Meditation Circle with Lindsey* \$25 (1<sup>st</sup> class FREE)  <b>6-7:15pm</b> Flow and Restorative Yoga with Melissa* \$30 (1<sup>st</sup> class FREE)</p>	<p><b>MAY 7</b>  <b>9:30-10:30am</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <i>SUB JACKIE</i>  <b>7:30-8:30pm</b> Kundalini Yoga with Gong Bath with Katharine* \$25</p>	<p><b>MAY 8</b>  <b>10am-5pm</b> Readings with Jeanne Street \$88  <b>11am-12pm</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>6:30-8pm</b> Intro to Shamanism: Connecting with the Rocks &amp; Crystals with Deana Paqua* \$35</p>	<p><b>MAY 9</b>  <b>6-8pm</b> Using Tools to Tap Into Your Intuition! with Melanie Barnum in The Shungite Room \$49  <b>6:30-8pm</b> Embodiment with Casey: Movement &amp; Self Love* \$35</p>	<p><b>MAY 10</b>  <b>5:30-6:30pm</b> Sound Bath Meditation with Lindsey O'Connell* \$35  <b>11am-4pm</b> Psychic Mediumship/Remote Viewing Readings with Nancy du Tertre \$70+</p>	<p><b>MAY 11</b>  <b>11am-4pm</b> Psychic Mediumship/Remote Viewing Readings with Nancy du Tertre \$70+  <b>11:30-5:30pm</b> Master Reiki with Maria Davis* \$375</p>
<p><b>MAY 12</b>  <b>11am-12:30pm</b> Mother's Day event with Casey Potetz* \$33  <b>11am-12:30pm</b> Messages from Spirit with Dr. Krista in The Shungite Room \$70</p>	<p><b>MAY 13</b>  <b>10:30-4:30pm</b> Private EFT Sessions or Reiki &amp; Sound Healing with Rebecca Ulisse \$50+  <b>10am-4pm</b> Intuitive Bodywork &amp; Massage w/ Rhonda* \$145+  <b>11am-12pm</b> Kundalini Yoga with Janet* \$25 <b>STARTS TODAY!!!</b>  <b>1-2pm</b> Meditation Circle with Lindsey* \$25 (1<sup>st</sup> class FREE)  <b>6-7:30pm</b> Psychic &amp; Mediumship Development Class with Dr. Krista*</p>	<p><b>MAY 14</b>  <b>9:30-10:30am</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>11am-12:15pm</b> Master Class: Yoga 101 with Christy* \$25  <b>10am-5pm</b> Readings w Annalisa \$60+  <b>10am-1:30pm</b> Reiki/Singing Bowls/Tarot Readings Maria*\$30+  <b>2-5pm</b> Private Shamanic Reiki &amp; Tarot Sessions w/Deana Paqua* \$75+  <b>7:30-8:30pm</b> Kundalini Yoga with Gong Bath with Katharine* \$25</p>	<p><b>MAY 15</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>11am-12pm</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>6:30-7:45pm</b> The Wisdom of The Womb Healing Circle with Mica and Christy* \$25</p>	<p><b>MAY 16</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>6-8:15pm</b> Crystal Class - Everything you want to know! with Annalisa Breisler and Christy* \$60</p>	<p><b>MAY 17</b>  <b>11am-12pm</b> Qi Gong with Josh* \$25 (1<sup>st</sup> class FREE)  <b>5:30-9pm</b> Sound Healing Level 1 Certification: Harmonizing Body, Mind, and Spirit with Lindsey O'Connell* \$125 <b>MUST REGISTER</b></p>	<p><b>MAY 18</b>  <b>10am-4pm</b> Reiki/Singing Bowls/Tarot Readings Maria*\$30+  <b>1-3pm</b> Releasing the Throat Chakra: Finding our Spiritual Voice with Ronni Lederman* \$30  <b>1-3pm</b> Heaven Now: God-Based Medium Readings with Healing Experience with Jeanne Street in The Shungite Room Group Event \$111</p>
<p><b>MAY 19</b>  <b>10am-4pm</b> Reiki II Certification with Maria Davis* \$325</p>	<p><b>MAY 20</b>  <b>10am-4pm</b> Intuitive Bodywork &amp; Massage w/ Rhonda* \$145+  <b>11am-12pm</b> Kundalini Yoga with Janet* \$25  <b>11:15am-12:15pm</b> FREE A Course in Miracles Book Club with Ronni  <b>1-2pm</b> Meditation Circle with Lindsey* \$25 (1<sup>st</sup> class FREE)  <b>1-5pm</b> Private Sound Healing with Energywork with Sue Broudy in The Shungite Room \$65  <b>6:15-7:45pm</b> Intro to Tuning Forks with Samer Ghadry* \$40</p>	<p><b>MAY 21</b>  <b>9:30-10:30am</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>11:15am-1:30pm</b> Reiki/Singing Bowls/Tarot Readings Maria*\$30+  <b>5:45-7pm</b> Restorative with Tarot with Christy* \$25  <b>7:30-8:30pm</b> NO CLASS TONIGHT  Kundalini Yoga with Gong Bath</p>	<p><b>MAY 22</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>11am-12pm</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>4:30-5:45pm</b> Master Class: Yoga 101 with Christy* \$25  <b>6:45-8pm</b> FREE Women's Circle with Christy &amp; Casey</p>	<p><b>MAY 23</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>7-8:15pm</b> Full Moon in Libra: The Flower Moon Circle with Lindsey* \$25</p>	<p><b>MAY 24</b>  <b>5:30-6:30pm</b> Sound Bath Meditation with Sue Broudy* \$35</p>	<p><b>MAY 25</b>  <b>10am-4pm</b> Reiki/Singing Bowls/Tarot Readings Maria*\$30+  <b>11am-2pm</b> Community Acupuncture with Casey Potetz* \$65/60min time slot  <b>11am-12:30pm</b> Messages from Spirit with Dr. Krista in The Shungite Room \$70</p>
<p><b>MAY 26</b>  <b>12-3pm</b> Family Constellations with Erica Simpson* \$50</p>	<p><b>MAY 27</b>  <b>MEMORIAL DAY CLOSED</b></p>	<p><b>MAY 28</b>  <b>9:30-10:30am</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>10am-5pm</b> Readings w Annalisa \$60+  <b>11:15am-1:30pm</b> Reiki/Singing Bowls/Tarot Readings Maria*\$30+  <b>2-5pm</b> Private Shamanic Reiki &amp; Tarot Sessions w/Deana Paqua* \$75+  <b>7:30-8:30pm</b> NO CLASS TONIGHT  Kundalini Yoga with Gong Bath</p>	<p><b>MAY 29</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>11am-12pm</b> Gentle Yoga with Christy* \$25 (1<sup>st</sup> class FREE)  <b>6:30-8pm</b> Goddess Activation: Pythia with Alison &amp; Christy* \$25</p>	<p><b>MAY 30</b>  <b>10am-5pm</b> Channeled Readings with Annalisa \$60+  <b>6:30-7:30pm</b> ZOOM EVENT EFT Tapping: Break through Procrastination with Rebecca Ulisse \$20</p>	<p><b>MAY 31</b>  <b>11am-12pm</b> Qi Gong with Josh* \$25 (1<sup>st</sup> class FREE)  <b>5:30-6:30pm</b> Sound Bath Meditation with Lindsey* \$35</p>	<p><b>JUNE 1</b>  <b>10am-4pm</b> DROP-IN EVENT Make a Bear stuffed with Crystals with Gillian \$29+</p>