



# The Expansion of Consciousness

Fall 2022-Spiritual Training Series on Saturday's from 10:00am-12:30pm

- September 17th – Build Your Immune System Through Harmonics: Transmute Covid, and Viruses by using your own Bionic Energy
  - October 22<sup>nd</sup> – The Seven Levels of Presence
- November 19th – Consciousness Principles of the 5 Elements
  - December 10th – Uplift Your Soul Light with Joy and Play

**\$40.00 per class or 4-class series \$150.00 per person**

**The Expansion of Consciousness Fall 2022 Spiritual Training classes** are part of the *Container of Light Series* being offered by Bill Torvund and Carolyn Vinup. **Each spiritual training class will feature a TOPIC with group experiences to enrich the learning.** The classes will be highly engaging, interactive, mind blowing, transformational, consciousness raising and a lot of fun! **There is no prerequisite to participate in these dynamic class offerings.**

## Workshop Highlights

- Explore the TOPIC featured
- Bill's wisdom teachings
- Pranayama Chakara Guided Meditation
- OM Chakara Light Guided Meditation
- Crystal Singing Bowls
- Various experiences may include Mantras, Mudras, Koans, Mandalas, Art, Sacred Geometry, Music, Shakti Activations, Attunements, Cosmic Breath, Mindfulness, OM-ing Practice, Container of Light Exercises, Demonstrations, Personal and Group Emanations, and more.
- Group Sharing of Experiences
- Silence and Integration

**Event Timing:** 10:00am-12:30pm, doors open at 9:30am

**Event Location:** Cornelia Place Apartments, 4025 W. 65th Street, Community Room-First Floor, Edina, MN 55435.

**Parking:** There is some parking near the front doors of the Apartment building. Once those spots fill, you can park at Lake Cornelia Parking Lot Across Valley View and walk to the building. Do not park at the Twin Cities Orthopedics parking ramp.

**What to bring:** beverage, a journal, pen, and wear layers.... it's hard to know what to expect at this time of the year.

**Event Fee:** 2 Options: Individual Spiritual Training class pricing or Spiritual Training Series pricing

- **Spiritual Training Individual Class pricing**, \$40.00 per person per class
- **Spiritual Training Series pricing** \$150.00 paid in one payment before or at the class scheduled on September 17, 2022.

**Payment Options:** Checks or Cash are accepted. Pay at the door. If you want to mail the payment ahead of time, email Carolyn for mailing address.

Checks made out to **Sanctuary of On** in the **Memo section: Fall 2022 COL Series.**

**To Register/Questions:** Carolyn Vinup, 612-325-5162, [carolyn@carolynvinup.com](mailto:carolyn@carolynvinup.com)