



METHA

Santa Fe **School** for **Metaphysical** and **Holistic Healing Arts -&-** **Spiritual Center**

METHA is a center for self-discovery, life enrichment and professional development focused on metaphysical, holistic and spiritual (healing) arts modalities. We aim to inspire and cultivate conscious awakenings, authentic spiritual emancipation and mindful leadership.

Our curriculum features life enrichment, human potential, holistic entrepreneurship and youth development programs.

We offer a sacred space for contemplation, study and healing. Our class curriculum, coaching programs, healing studio and community events are crafted to help elevate our lives, open our hearts, cultivate our minds and nurture our bodies.

Schedule your visit, retreat, healing studio appointment and/or rsvp your class at www.SantaFeMETHA.com

Our Healing Studio



Visiting our healing studio is a **very private, confidential and personal experience**. We operate under flexible schedule, in order to accommodate your special scheduling needs. Our doors are open **by Appointment Only/No Walk Ins** -catering one client at a time- honoring their needs for **exclusive undivided attention, privacy and seclusion**.

Available Offerings & Therapies

- Ascension Therapy
- Crystals Therapy/Energy Healing
- Chakra/Aura Cleansing
- Journey Within
- EFT for Emotional Wellness
- Etheric Detox
- Intuitive Readings
- Manifestation Rituals (Personalized Mantra & Sacred Bath Recipes)
- Phoenix Rising Life Coaching
- Reiki (Usui Traditional Method) Energy Healing
- Authentic Self ~ Day Spa/Mini-Retreat

UPCOMING EVENTS @Santa Fe METHA

(LS) Life Enrichment / (HE) Holistic Entrepreneurship / (YP) Youth Program

♥♥ May 18-May 20 Grand Opening Weekend ♥♥

Ribbon Cutting and Community Open House

Come join us! Let's meet and mingle. Learn more about our mission and take advantage of our open house special rates and discounts applicable to healing sessions, upcoming classes and retreats.

Foundation Training & Special Certification

- (LS) Intro to Energy Sat Jun 2 @ 2pm
- (LS) Intro to Crystals Sat Jun 9 @ 2pm
- (LS) Altar Development ~ Sacred Manifestation Class Sat Jun 16 @ 2pm
- (HE)QuickBooks Training Jun 22-24
- (LS) Intro to Reiki Sat Jul 7 @ 2pm
- (LS) Intro to Essential Oils Sat Jul 14 @ 2pm
- (LS) Reiki Level 1 & 2 Certification Class Jul 21-22
- (LS) Intro to Energy Sat Aug 4 @ 2pm
- (LS) Intro to Crystals Sat Aug 11 @ 2pm
- (LS) Crystal Therapy Certification Class Aug18-19

Youth Programs

- (YP) **Holistic Children Summer Camp (Half Day and Full Day Avail./Ages 5-12 ~ May 25-Aug 10)**
- (YP) Dandelions (After-School and Home-School Support) Tue-Fri 3-5pm

On-Going ~ Daily & Weekly Happenings

- (LS) Morning/Afternoon & Evening Yoga Classes
- (LS) Mystical Mondays (Meta Studies) Mon 6pm
- (LS) Chakra Flow (Inside Out Gentle Stretch) Tue & Thu 6pm
- (LS) Divine Self (Spiritual Art Class) Fri 7pm
- (LS) Psychic Development Wed 7pm
- (HE)Ignite Holistic Business Incubator Wed 1pm
- (HE)Social Media Lab Fri 1pm
- (LS) Spiritual Sunday ~ Guest Speaker Series Sun 11:11am

Soul Retreats: Red Awakening Sedona

Now Booking

May 25-28 (Memorial Day Weekend)

Aug31-Sep3 (Labor Day Weekend)

A gentle, both guided and self-paced, spiritual immersion experience at the sacred and magical geological wonderland that's Sedona, AZ. The weekend journey is crafted for non-interrupted time away for self-discovery, healing, soul guidance, self-assessment and true empowerment.

Magical experiences, including:

- Soul Alchemy Gratitude Ritual
- Vortex Tour & Sacred Land Ceremony
- Labyrinth and Medicine Wheel Peaceful Walks for Self-Contemplation
- Peace Park Visit
- One-on-One Healing Sessions

A time to re-connect with your true self and soul purpose. Book your space today! Info & RSVP:

www.RedAwakeningSedona.com

Scan Here



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