

To all beautiful CLH &/or Essence of Angels participants

Blessings in the One Heart.

Congratulations on enrolling in our Semester 2 - 2010 Crystal Light Healing and/or Essence of Angels workshop/s.

Here is a little more information regarding the workshops to assist you with organizing your schedules. If anything is unclear, please do not hesitate in emailing or phoning us at ULT, as we are more than happy to assist in making your workshop experience a memorable one.

### Crystal Light Healing & Essence of Angels Workshop details:

**Workshops:** Crystal Light Healing I, II, III & IV and Essence of Angels (EofA) Workshops – 2010

**Location:** South Pacific Resort – 179 Weyba Rd, Noosa, Queensland, Australia 4567  
[www.breakfreesouthpacific.com.au](http://www.breakfreesouthpacific.com.au)

**Phone:** 0417 605 690 (to contact Simone during each workshop)

**Time:** Day 1 for each Workshop: Registration 8.30am  
 Day 1 & 2 for each Workshop: 9.00am to 5.30pm  
 Day 2 for each Workshop: Certificate Collection 5.30pm

*Please Note: There is always the possibility of running a little overtime on Day 1 & 2 of each workshop. We try to run to schedule and appreciate attendees may have personal plans, but if the energy's are flowing, spirit is guiding the workshop with additional information, or the conversation is enlightening for all then we may run a little overtime.*

### 2010 Semester 2 Workshop Schedule

Workshop	Date	Early Bird		Post E-Bird Rate	
		Cost	Due by:	Cost	Due By:
CLH I	6 & 7 August	\$444	9 July	\$495	6 Aug
CLH II	8 & 9 August	\$444	9 July	\$495	8 Aug
CLH III	10 & 11 Sept	\$444	13 Aug	\$495	10 Sept
Essence of Angels®	12 & 13 Sept	\$444	13 Aug	\$495	12 Sept
CLH IV	20 & 21 Nov	\$444	24 Oct	\$495	20 Nov

#### Semester 2 Workshop Earlybird Workshop Packages

CLH I & II	Refer above	\$865	9 July
CLH I, II & III	Refer above	\$1,295	9 July

*Please note that Early Bird monies are due 4 weeks in advance of workshop date. Monies payable after the Early Bird cut-off date are charged at the Post Early Bird Rate.*

*All repeat participants receive \$100 off Early Bird/Post Early Bird rates (bookings required & please bring your workbook).*

*CLH V 2010 participants attend CLH I, II, III & IV and Essence of Angels for free as part of the Teachers module.*

*CLH V Teachers may attend CLH I, II, III & IV workshops for free at any time (bookings required & please bring your workbook).*

## What to Bring:

- Morning & afternoon teas are provided – herbal teas, fruit platters, veges & dips, biscuits / gluten free cake. Nuts & seeds are available throughout the workshop to nibble on, as well as filtered water for drinking (many people bring a bottle to dispense water into);
- Pens & coloured pencils/highlighters if you like colour (not essential, but may assist learning);
- A comprehensive manual is provided for each workshop with lots of room for making notes – but do bring extra paper if you feel it maybe needed.
- Please wear comfortable clothes – layers are good for temperature changes, particularly as air-conditioning can be unpredictable and even the weather if you sit outside for lunch;
- ULT will provide all the Crystals/Essences you need for the practical sessions. However, please feel free to bring along any special crystals from your own collection to play with at each event.
- Business Cards/Brochures for networking table (please, no products or items for sale);
- For CLH II & III, participants will require a massage table for practical exercises. If you are unable to bring one along, these will be available for hire by participants at \$15 per day (thus \$30 for the two days of CLH II and then \$30 for the two days of CLH III). Please indicate when booking if you will need to hire a massage table, such that ULT can book and confirm hiring details asap to ensure availability at the workshop. Hire monies are payable to ULT at the commencement of the workshop.
- For every workshop, it is requested that participants bring along a pillow. This can be used for sitting on in the room (if chairs become uncomfortable), and also will be used on the Massage Tables for the practical exercises in CLH II & III. Interstate/Overseas participants could bring along a pillow from their room. ULT will provide sheets to use on the Massage Tables.

## Lunch:

We provide a menu from a local restaurant/café. Participants place their order and pay at the commencement of each workshop day, and meals are then delivered to participants at the lunch break. You may eat your meal in the resorts dining area or sit out on the deck by the pool or even back at the room on your balcony if you need some quiet time/privacy.

Meals are around \$10-\$14. The restaurant provides excellent quality meals with ingredients sourced locally and organic where possible. The menu changes constantly but examples include; Prawn Paella, Stirfry veges and squid, Fetta roasted pumpkin and rocket salad, Gourmet fish and chips, Homemade burgers etc..

Alternatively, you are welcome to bring your own food and sit out on the deck, or there are a couple of cafes in walking distance (but this can be difficult time wise as lunch is only for 1 hour, and the break can be less if we are running behind in the workshop schedule).

## Resort Facilities & Parking:

As South Pacific Resort workshop attendees, you are graciously offered the opportunity of using the resorts facilities over the weekend, including evenings (even if you are not staying at the resort).

There are pools, spa, sauna and a Day Spa for massages. So it may be an idea to pack your togs & towel !

There is limited parking within the resort, but heaps of on-street parking available. Please note that the Noosa Farmers Market operates every Sunday just a few doors up from the South Pacific at the Aussie Football Grounds ([www.noosafarmersmarket.com.au](http://www.noosafarmersmarket.com.au)). Therefore if you are attending a workshop on a Sunday you may have to allow extra time to find a park. There is a 5 min drop off area at the resort if you wish to drop off any belongings before finding a park.

## Accommodation:

Accommodation is available for all participants at reduced rates at the South Pacific Resort. There are also a number of motels within walking distance of the venue as well as a backpackers to suit all budgets. Please consult the suggested accommodation list that you receive with this letter on registration for all the details.

## Noosa:

Noosa is one of the top holiday destinations located in the state of Queensland, Australia. With its pristine beaches, national parks, hinterland villages, glorious weather and locally grown produce, Noosa makes the perfect holiday destination for a little R&R.

To find out more about what you can do in Noosa, and the local attractions visit:

<http://www.noosa.com.au/>

<http://www.visitnoosa.com.au/>

<http://www.noosa-heads.net/>

## Workshop Start & Break Times:

Here is an outline of start & break times for both workshop days (applies to every workshop) to assist participants in organising their days. Please note that the lunch break hour maybe reduced in time should we be running behind on the workshop schedule. There is also the potential for going over time (past 5.30pm) if we spend more times on areas within the workshop manual – or we bring in ‘new’ information (which is always a great learning experience). Thus it is possible to finish closer to 6 or 6.30pm.

Day 1	8:30 am	Registration
Day 1 & 2	9:00 am sharp	Workshop Commences
	10:30 -11:00 am	Morning Tea
	1:00 – 2:00 pm	Lunch
	3:30 – 4:00 pm	Afternoon Tea
	5:30pm	Workshop Finishes
Day 2	from 5:30pm	Certificate Collection

## Crystals for Sale:

There will be a large range of crystals and Essence of Angels products available for sale at every workshop at very reasonable prices (products available at workshops are 10% cheaper than the prices listed on the ULT website).

Crystals are sourced from all around the world, and personally selected for each workshop. ULT specialises in Atlantean and Lemurian crystals, and those that have been worked with by the ancients/inner-earth or stary realm beings.

Cash/EFTPOS/Credit Card facilities are available.

Lay-by is also available, with minimum deposit and contract terms.

## Preparation for each Workshop

To ensure you get the most out of each work shop I recommend that the following be considered the week leading up to the course:

- refrain/limit drugs where possible (incl. alcohol, coffee, smoking etc..)
- obtain adequate sleep
- keep hydrated, drinks LOTS of filtered water
- try to exercise daily, even 10mins walk in the fresh air
- meditate daily, or at least 10mins each day quiet the mind and go within.

## **2-3 Weeks prior to each Workshop**

Prior to each workshop, I will be emailing out a symbol (or something similar) for each participant to work with leading up to the workshop (eg placing under your pillow etc..).

The symbol is programmed to help each participant attune with the entire group, and to foster a great learning event for your self individually and with all participants.

In my email I will let you all know what to do... so stay tuned for more details.

## **Before, during and after the workshop**

Many participants in the past have benefited from massage either before, during (in the evenings) or after the workshops. The workshops are long days packed full of information.. so massage is a wonderful opportunity to nurture the body and allow the higher vibrational energy/wisdoms to integrate on a physical level.

I can highly recommend Kate Noakes of Blossom Day Spa in Noosa. Kate has been in practice for over 10 years, is a wonderful metaphysical therapist, and is proficient in a variety of massage techniques. To find out more about Kate visit her website <http://www.blossom-dayspa.com/> or phone for more details: 0439 762 303 Bookings in advance are highly recommended, as Kate is often booked days/weeks ahead.

## **After each Workshop**

The day after each workshop, I strongly recommend that each participant take it easy and possibly even have the day off work.

We perform a lot of energy work in every workshop, as well as covering an incredible amount of information. Most people feel very tired at the conclusion of each workshop and this flows into the next day also. So I highly recommend you book a massage, take time out to sleep, walk along the beach or plan something nurturing for your soul. Self-Love is an important component of CLH and EofA.

Please note also, for those participants who intend to drive back and forth for each workshop day (but live a reasonable distance from Noosa eg Brisbane), from past experience participants have appreciated organising accommodation in Noosa during the workshop (please refer accommodation list included in the registration pack). It allows one to relax more, and really be in the energy's of the workshop without feeling so fatigued through driving.

Looking forward to some wonderful healing workshops,  
Love, Light & Blessings,

*Simone*