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Registration Link

Empowerment Workshop

Exploring New Earth Energies & Practical Tools for Wellbeing

A fun min-retreat with Becky Acabchuk, PhD & Scott McRae

Date: Saturday, April 6th, 2024 - 1:30 to 4:30pm

**Location: CrossFit Breakdown,
20 Pendleton Drive, Hebron, Connecticut 06248**

Cost: \$44 – [Register Here! Limited Spaces Available](#)



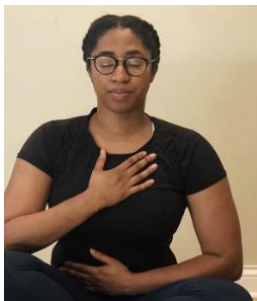
Have you been hearing these new earth terms lately?

- Time is speeding up
- Death of the ego
- It's time to awaken
- Schumann is rising
- Unity Consciousness
- Live in the Now
- 5D Consciousness
- Enter the Quantum field
- Raise your consciousness

Let's explore them and see what's happening at this most magical time on Earth!

Join us for a fun exploration of energy with like-minded souls learning what's happening on Earth! Experience:

- Breath work exercises to open to new levels of awareness
- Clearing exercises of old energy that no longer serves you
- Sound Healing meditation to gently bring in new patterns for success!



Our Earth energy is moving from old patterns of fear, separation, lack and limitation toward authenticity, love, and connection! Yay!! It can be confusing or empowering and in this workshop we'll be learning to intentionally align with the natural flow of the new energy with practical exercises, experiences and tools you can use now to build your best life ever!

Join us to experience the new earth energy!!

About Becky



Dr. Becky loves movement, dance, yoga, healing, everything water and the great outdoors with an occasional triathlon thrown in for good measure!

Becky has been teaching yoga and meditation for 20 years and earned her PhD in physiology and neurobiology from UConn where she has conducted research on mind-body therapies, including yoga and meditation. A former division one gymnast at Cornell University, Becky is also trained in Sport Yoga, with a certification by NESTA (National Endurance Sports Trainers Association), approved by ACE.

In her spare time, Becky is also a Reiki Master/Teacher and loves traveling; You'll love Becky's child-like enthusiasm, warm smile and awesome presence!

About Scott



While deeply embedded in the muggle world of computer science, Scott received a spiritual calling and began emerging from his corporate world to explore an insatiable desire to personally heal deep physical, emotional and mental wounds, play with manifestation and enjoy a more suitable life in spiritual alchemy.

Scott spent fifteen years in intense study and practice in energy medicine, full sensory perception, heart awakening, and the re-awakening of his powers of telepathy, clairvoyance, clairsentience and healing. His studies earned numerous Ministerial Licenses from an esteemed mystery school in Mt. Shasta CA. Since 2005 Scott has led hundreds of personal healing sessions, taught numerous classes on energy medicine, practiced in hospital cancer wards and most recently earned advanced certifications in PSYCH-K healing and advanced Sound Healing in Bali!. Let's have fun!!