



[Raise Your Vibe and THRIVE Series](#)

Join the Vibe Tribe 7-week series over 90 days and learn the fundamentals of raising your vibration and unlocking your natural energetic frequencies. When you're practicing quick daily routines you'll become like a magnet attracting people, money and great health! You'll find your dreams and desires manifesting easily and all the while you'll be feeling great!

You'll learn:

- Daily mental and physical practices that raise your vibe
- That your "vibe attracts your tribe", and how to attract the people you most want into your life with deliberate creation
- Which high-vibration foods and energy medicine practices create weight-loss, optimum health and vitality (body, mind and spirit)
- How to avoid the pitfalls of living in the modern world
- Meditation and mindfulness practices to help you achieve your goals

This series is experiential. I'm here to help you understand how the vibrational world works, that everything is vibration, and provide you with tips and techniques for creating vitality and truly THRIVE in all areas of your life. We're together to support, commune, and create a social experience; one of the foundations for a happy, healthy life! And, yes, have fun and more than a few laughs along the way.

We'll meet twice monthly on Tuesdays starting Feb 13th-May 8th 2018.

*6-8 PM \$160 series, or \$25/evening St. Croix Healing Arts 411 Cty Rd UU Hudson
Cheryl Anderson-Hinz Health & Life Coach, Reiki Master*