

MEDITATION

BEAUTY PRODUCTS . & WORKSHOP . BY ACTRESS & TEACHER

VIRGINIA HEY



www.virginiahey.com/pr

RUBAVICH - LIVING DAYLIGHTS 007.

WARRIOR WOMAN - ROAD WARRIOR.

ZHAAN - FARSCAPE.

Award nominated actress Virginia Hey is coming to Westercon July 2-5 2004. Miss Hey will be bringing her beautiful signature perfume, **Forbidden**, and the Forbidden perfumed beauty products; glycerin soap, oil body buff and bath salts, and her exquisite **Rei . Kii®** soy candles; Lemongrass, Cucumber, Templeflower®, Bergamot and rei. Kii, and all her brand new meditation CDs. All products will be available at her signing table Friday through till Monday.

Virginia is proud to announce that she will be holding her 2 hour meditation workshop on the Sunday July 4th.

BOOK QUICKLY - LIMITED SEATING

. Visualization Meditation . Workshop .

www.virginiahey.com/Meditation-Workshop.htm

My meditations teach you to **de-stress**, **focus**, **heal**, keep you positive and make you **feel blissful**. For all adults and all religions. Perfect for beginners to highly experienced lightworkers. I'll teach you to focus on an inner environment then guide you to self heal, or **self motivate**. You can change the very core of your thought and motivation structure and tap into your command center! Meditation can be used to help with **insomnia**, to help heal oneself of a specific illness, to charge oneself with more **self confidence**, to focus on a specific goal or direction, to **remove a habitual behavior** like nail biting, cigarette smoking, alcohol abuse, over eating etc.

BOOK QUICKLY - LIMITED SEATING

Workshop – Sunday July 4th 2004 11m - 1pm Two hours

The workshop is a simple form of instruction that includes discussion of the classes meditation needs followed by a practical. It comprises one hour of instruction followed by a one hour meditation tailored to the students in the class.

workshop requirements

Consult Virginia BEFORE joining the classes if you have a serious medical problem.

Fees: Two hour workshop \$40

Meditation CDs are available at the seminar and workshop.

Attire: Wear loose comfortable clothes and bring a cardigan or sweater and socks to change into for added warmth and comfort.

Bring a bottle of water and pen and paper if you'd like to take notes. If possible, bring a pillow to rest against during your meditations.

No video/audio recording of any kind allowed.

Disclaimer: You are encouraged to confer with your doctor before embarking on any series of health regimens, this includes meditation. You are encouraged to discuss your needs carefully with your professional healthcare provider.

Miss Hey will not be held responsible or liable for any injury of any kind incurred before during or after her classes.

To contact Virginia direct: virginiaheydotcom@hotmail.com

For more information: www.virginiahey.com/Meditation-Workshop.htm

To buy your seminar or workshop tickets click Contact Virginia direct for advance tickets, or purchase them from her autograph table Friday through till Saturday.

Westercon .July 2-5 .Wigwam Resort Wigwam Blvd Litchfield Park. Arizona **www.az-sf.org**