



Energetic Refinement & Alignment Workshop

This mini workshop is a group based, community experience with a brief review of how you are already wired to be a powerful vessel, de-stress easily with the power of meditation in addition to key mental physics exercises to use at your convenience and at any level.

Three main principles are reviewed;

1. Breath, Pranayama and techniques; Prana, life force, for *spiritual and energetic body-building*
2. Meditation and one pointed mind with a mantra; man to think with a sacred thought
3. Grounding, to the center of abundance, supply, and power of the earth

The purpose of *Meditation* and *Energetic Refinement* is to cleanse, balance and harmonize your particles to become a great "conductor" and vessel to be more powerful and hold more divine energy and consciously purge stress and fatigue from the body. There cannot be Light without a vessel. This means that, although the Creator desires to share and give us everything (Light), we have to create a vessel to receive it. The amount of Light we receive is proportional to the size of the vessel that we create. When you meditate or pray, you receive a down pouring of energy that is cleansing, rebuilding, refining, harmonizing and evolving you on all levels with your own essence. This makes your vessel strong and powerful to manifest and bring you what you desire on an individual basis in addition to providing you more clarity and focus, discernment and efficiencies in your daily life.

During the facilitation of these techniques, you will learn spiritual and energetic building techniques, mental physics exercises to enhance your energy centers to both develop to hold more energy, develop your vessel, also assist you in daily life by way of harnessing your power and abilities and discernment.

The facilitation provides a guided meditation also with a glimpse of a sense of *Alignment*, your Connection to enable you as the practitioner to be the brightest light and vessel that you can be and a sanctuary that can take you only a few minutes to get to at any time you wish, wherever you are, you are wired for this sanctuary and during these workshops you will feel and see how this is easily accessible.



About Aliky Kouroupis

Aliky has coined the phrase; "Everything is energy and the efficiency of how we leverage the abundance of energy, which is available to all of us to be the most optimized we can be on all levels", as a reminder to all of us: the truth of who we are is available at any Level of our evolution.

Aliky founded Sublime Energy and Sublime Glow Yoga, providing relevant, practical and timely services and solutions to facilitate personal, individual or collective power, health, wealth and balance in our daily lives.

The techniques and tools are self empowering, simplified, timely and relevant on all levels to evolve the physical, spiritual and mind so greatness and fulfillment can be realized.