



Discover Your Intuition

With
Sylvia Plester-Silk
Holistic Energy Therapist



Many people see others as intuitive, yet wonder why they, themselves, fall short of the mark. In this evening session we will discuss how to nurture your own intuition, how to “turn up the volume” so you can accurately listen to this important source of information.

We will clarify what intuition really is, discuss some common blocks to receiving accurate information and learn ways to release these interferences.

You will leave this workshop more open to your intuition and with simple techniques for you to enhance your intuition.

Sylvia has a gift of sharing information in an easy to digest format that leaves the listener entertained and informed. Sylvia has been collecting wisdom for many years, initially as a Social Worker and Addictions Counsellor and for over a decade in energy work. Sylvia is a Holistic Energy Therapist, is a Registered Social Worker and a Certified Addictions Counsellor.