



Edgar Cayce's A.R.E.®
Your Body, Mind, Spirit Resource Since 1931



Soul Growth Saturday!

The Awakened Empath: Nurturing and Expanding Your Innate Intuitive Abilities with Cindy Griffith MA

Cayce's Gentle Stretches at Your Own Pace

Featuring JP Amonte, DC

Morning Exercises: <https://youtu.be/VX9F2wp-5ol>

Evening: <https://youtu.be/vrTS5CMhyO8>

Head & Neck: https://youtu.be/tuJE1YcV_8U

This program will be in three one-hour sessions of approximately 45 minutes each, followed by 15 minutes of Questions and Answers via a live “chat” function. There is a 10-minute break between each session. The live Q&A will only be available during the live stream of this event.

9:30 a.m.-10:30 a.m.

Protect, Project and Empower: PPE for your Inner Empath

10:40 a.m.-11:40 a.m.

The Way Inward: Connecting to your Inner Wise One

11:50 a.m.-12:50 p.m.

Your Sacred In-Dwelling: Engaging your Spirit Guides

Thank you for joining us! Visit EdgarCayce.org/Online for upcoming live stream and on demand events.

Presentation End Times are Approximate.