



# clear heart healing arts

*What if...*

*you could live an inspired life?*

*What does that look like for you?*

*Join me and learn how to*

- Find Your *Inspiration*
- Connect to Your *Higher Self*
- Meet Your *Spirit Guides*
- Learn to Listen and Pay Attention
- Discover Your Roadblocks
- Take Action

*Discover your life ...inspired*

## *Workshops*

Reiki Classes & Attunements  
Essential Oil Classes  
Living an Inspired Life  
Invoking Your Guides  
Awakening the Chakras  
Chakras & Essential Oils

## *Treatments*

Reiki Treatments  
AromaTouch Treatments  
Energy Balancing  
Restorative Healing Retreats  
doTERRA Essential Oils Consultations

*Claire O'Leary*

*empowering women to live ...inspired*

**303.525.6893**

[www.clearhearthealingarts.com](http://www.clearhearthealingarts.com)

## Workshops

### Reiki I, II & III Classes & Attunements

Reiki is a healing, universal life force energy which improves the flow of life. Each class includes an attunement. Each attunement increases the connection exponentially making both distance and hands-on healing more effective.

### Essential Oils Classes

Free essential oils classes are offered at various locations or host an essential oils event in your home or office.

### Living an Inspired Life

Discover what living an inspired life looks like for you and learn to connect to your *Intuition*, *Higher Self* and *Spirit Guides*. You will also learn to listen and pay attention, discover your roadblocks and take action to achieve your goals.

### Invoking Your Guides

This workshop is for those who are ready to connect and work with their *Spirit Guides*. Through meditation and other processes, you will be introduced to one or more of your *Guides* and learn to work with them.

### Awakening the Chakras

This eight part series explores each of the *Chakras* through movement, meditation, automatic writing, journaling and sound, to awaken and balance the seven major *Chakras* and beyond.

### Chakras & Essential Oils

This short class teaches you which essential oils to use to help balance each of the 7 major *Chakras*.

## Treatments

### Reiki Treatments

Amazing results for physical, emotional and spiritual well-being. Reiki energy is passed through the *Crown* and *Heart Chakras* and out through the hands to clear blockages allowing you to feel more healthy, balanced and energized.

### AromaTouch Treatments

Combats stress, toxic insult, inflammation and autonomic imbalance. The therapy which uses 8 (CPTG) essential oils increases feelings of overall health and well-being and creates homeostasis.

### Energy Balancing

Using energetic techniques and essential oils, this treatment balances your *Chakras* leaving you with vibrant energy and better overall health.

### Restorative Healing Retreats

Gigi Reynolds and Claire O'Leary have joined forces to offer you the ultimate Restorative Healing Retreat. Choose 2 to 4 treatments plus steam bath and aroma therapy. Offered periodically throughout the year.

### doTERRA Essential Oils Consultations

Offering private or group consultations in your home or office. Use the Zyto Compass for a ranking of essential oil recommendations with the highest to lowest priority for balancing your personal and immediate needs.

See [www.clearhearthealingarts.com](http://www.clearhearthealingarts.com) for our schedule of events.