



LOTUS FLOWER OF THE HEART ACTIVATION CLASS

Awaken Your Heart • Calm Your Nervous System • Live from Love

There is a deeper intelligence within your heart—one that knows how to restore balance, calm the nervous system, and guide you beyond stress and survival.

Join us for a powerful, heart-centered experience designed to activate the Lotus Flower of the Heart, support vagus nerve regulation, and open heart-brain coherence. This gentle yet profound activation helps you shift from reactivity into peace, clarity, and compassion.

This is more than a class.

It is a remembering.

WHAT THIS EXPERIENCE OFFERS:

- Activation of the Lotus Flower of the Heart as a center of love, safety, and higher awareness
- Gentle support for the vagus nerve to calm stress and emotional overwhelm
- Guided meditation and simple heart-centered practices
- Tools you can use daily to stay grounded, regulated, and heart-led
- A deeper sense of inner peace, clarity, and connection

No prior experience is needed. Come exactly as you are.

WHO THIS CLASS IS FOR:

- Anyone feeling stressed, overwhelmed, or disconnected
- Empaths, healers, and spiritual seekers
- Those ready to live from compassion instead of survival
- Anyone called to open the heart and reconnect with their inner calm

EVENT DETAILS

Where: Vita Perceptions The Blend
1201 International Pkwy, Ste. 500
Richardson, TX 75081

Cost: \$33