

ABOUT MAUREEN & SAGE BUTTERFLY...

Maureen is an author and workshop leader involved in the following modalities: sound healing, acupressure, chakra yoga, meditation, essential oils and vibrational healing for animals.

She has also been a consultant in the many uses of the Myers-Briggs Type Indicator® for over 25 years working with all size businesses as well as individuals to increase communication and awareness of life direction.

The major theme that seems to shine through all of her learning and teaching is the practice of WELLNESS - and the role that we play in celebrating our own personal well-being, be that physical, emotional or spiritual. All three of these realms merge into one as 'Soul Balance.'

HER MOST HEART-FELT GOAL IS TO REVEAL TO YOU YOUR OWN INNATE POWER TO HEAL THAT YOU MAY EXPERIENCE THE JOY AND PEACE THAT COME FROM THIS SOUL BALANCE.



- SAGE SERVICES AT A GLANCE -

SOUND HEALING
ACUPRESSURE
CHAKRA YOGA
VIBRATIONAL HEALING FOR PETS
doTERRA Essential Oils
HEART RHYTHM MEDITATION
MYERS-BRIGGS® CONSULTING
WORKSHOPS &
ONE-ON-ONE SESSIONS

- BOOKS BY MAUREEN -

CHAKRA PLAY - The Magical Vibration of You: A simple 'how-to' book celebrating the use of sound and intention to honor balance within our energy fields.

POCKET GURUS- Guidance on the Go: Inspiration for busy lives & busy minds... an oracle to carry with you.

ENERGY TYPES - Personality, Chakras & Balance: Drawing on the teachings of the Jungian-based instrument, the Myers-Briggs Type Indicator®, an overview of personality type and an insightful look at how innate characteristics can affect the balance within our chakra system.

WINE TYPES - Discover Your Inner Grape: A fun approach to wine and personality. Get to know yourself better and understand others in your life as well.

PET TYPES - Communing Heart to Heart: A unique look at our relationship with our furry kids, what we can learn from them and their huge impact our lives.

(Visit www.sagebutterfly.com to order.)

sage butterfly



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TRUST IN THE MAGIC.

- SOUND HEALING -

VoiceBio™ - Revealing Vital Messages Hidden Within Our Voice:

Our voice is comprised of 12 silent vibrational frequencies that represent the function of our organs, the efficiency of our cells, and the balance of emotions. VoiceBio™, a non-invasive technology, accurately reveals frequency patterns in the body allowing you to see which areas need support due to exhaustion and which areas need stimulation - all through a simple voice recording. We then look at various holistic means to help reinstate balance including sound and changes in lifestyle.

Our voice is a holographic representation of our wellness.

NADA BRAHMA.
(The Universe is sound.)

CHAKRA PLAY-

THE MAGICAL VIBRATION OF YOU:

Chakra Play© celebrates the merging of sound with our energy fields using Sanskrit seed sounds related to the chakras.

Through interval type toning we in effect 'play' our chakras as a musical instrument to harmonize this flow of energy as it relates to specific life situations and healthy balance.



ACUTONICS

Experience the healing combination of sound and acupressure. Tuning forks calibrated to the frequency of the Earth, the sound waves created by the Ohm Tuning Forks work like kinetic energy to move disharmony and tension from the body, remove Qi stagnation, and help to restore a sense of balance and well-being.

Stay close to any sounds that make you glad you are alive. - Hafiz

- SAGE ACUPRESSURE -

Accessing the flow of energy that runs through the meridians of our body to establish balance both emotionally as well as physically. We can bring focus to specific issues or do a general balancing. Chakra acupressure available as well.

- VIBRATIONAL HEALING FOR ANIMALS -

Healing modalities for cats & dogs. Please call, email or visit my website for further info.



- YOGA & MEDITATION -

"IN THE FLOW" CHAKRA YOGA

A flowing celebration of specific energy fields in our body incorporating a variety of modalities: chakra specific poses, Qigong, pranayama (breathing practices), acupressure, sound, meditation and affirmations... (and quite frequently, some belly laughs as well.) A journey into the flow of YOU. Private sessions available as well.

HEART RHYTHM MEDITATION

CELEBRATE THE

PHYSICAL/ENERGETIC/SPIRITUAL HEART

Based on the beautiful practice developed by Puran and Susanna Bair of IAM (Institute for Applied Meditation on the Heart), this meditation offers both physiological benefits as well as energetic and spiritual gifts. A voyage into the various chambers of the heart.

- SAGE WORKSHOPS -

CHAKRA PLAY -

THE MAGICAL VIBRATION OF YOU
Toning and tuning in to enhance emotional, physical and spiritual well-being.

ENERGY TYPES: PERSONALITY, CHAKRAS & BALANCE

An experiential look at how innate personality characteristics can affect balance within our energy fields and overall health.

VIBRATIONALLY SPEAKING: EVERYTHING CHAKRAS

A look at the chakras in and out of balance, associated sounds, acupressure points & essential oils.

COMMUNICATION & WELL-BEING

Maintaining Balance in a Stressful World: Communication & wellness techniques that participants can take with them for balance in their everyday lives.

HEART RHYTHM MEDITATION

A meditative journey into the different dimensions of the heart

MYERS-BRIGGS TYPE INDICATOR®

Jungian-based Personality Assessment Bring awareness to your unique gifts and invaluable information on understanding those with whom we share our lives. For individuals, businesses, couples & more.

Visit www.sageworkshops.net for more specific info on these seminars.

DOTERRA ESSENTIAL OILS

As a Wellness Advocate for doTERRA, experience the healing effects of pure, therapeutic grade oils for balance in body, mind & spirit.