



ALCHEMISE YOUR LIFE

TRANSMUTE THE 'OLD' YOU...
INTO THE 'NEW' YOU...
AS YOU NAVIGATE THIS CRAZY...
BUT.. BEAUTIFUL THING CALLED LIFE

EASY, SIMPLE & FUN MICRO-PRACTICES
IN 6 ONLINE PLAYSHOPS OVER 6 MONTHS TO...
ALCHEMISE LIFE'S OVERWHELM, STRESS, CHAOS & TRAUMA

1. THE POWER OF AUTHENTICITY: 6 JUNE

Which version of you will it take to **transmute the "just surviving & depleted self"**?
How to connect with the highest sovereign version of you to **easily fulfill your purpose**
How does the authentic you find **ease, joy, play & beauty** in this crazy thing called life

2. BEFRIENDING TIME: 4 JULY

How to elevate **bending time into befriending time**
How to hold the flailing reins and **get back into the saddle of your speeding Fire Horse**
Unleash the power of the subconscious mind to **alchemise your past, present & future timelines**

3. GAMMA WAVES OF GRATITUDE: 1 AUG

Be surprised by next-level co-creation by weaving your **gratitude into the Quantum Field**
Embody the **alchemical biology of gratitude** for a life with greater ease, joy & abundance
Sail the 'ocean' of gratitude to **move mountains & flow around life's rocky obstacles**

4. EFFORTLESS EMPOWERED INNER HEALING: 5 SEP

How to make "childs-play" out of the serious work of **healing the inner child and shadow self**
Accessible stepping stones through the **"forgiveness portal"** to alchemise trauma & victim wounds
Stretch the outer reaches of your new authentic self with ever-expansive **soul retrieval**

5. INFINITE EQUANIMITY: 3 OCT

How is it possible to experience & practice true equanimity in the worlds of **inner & outer chaos**?
How can your authentic self peacefully & harmoniously **"Be the Change"** in your new timeline?
Personal equanimity **rippling into the Quantum Field** of Earth's Golden Future

6. YOUR INSPIRED GOLDEN VISION: 7 NOV

Anticipate this exciting **virtual playdate** with yourself and like-minded new co-creators
Co-create your **new inspired golden vision, life path & timeline** using fun, creative tools of your choice
Welcome a **surprise fun ceremonial celebration** to integrate your alchemising life!

Day & Time: First Sat of every month Jun - Nov from 14:00 - 17:00 SAST

Duration: 3 Hours per playshop over Zoom with 2 x 15 minute screen breaks

Recording: The power of personal attendance is encouraged, however a recording is available

Bonus: Personalised, visually potent one page summary for effortless & fun integration

Exchange: Payment secures your booking as places are limited

Launch Special:

Each playshop: R639 (SA Residents) / \$63 (Internationals) - paid 3 working days ahead

Full series highly recommended for maximum benefit of this magical alchemical journey

Early bird special for full series: R3330 (SA Residents) / \$333 (Internationals) - paid by 2 June 2026



Contact:

LaVerne Hyman

WhatsApp: +27 (0) 768422315

Email: laverne.hyman@gmail.com