

# Return to Spirit Reiki Healing LLC

## Crystal Treasure Chest Experience

**Facilitator:** Manuel Veres

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## 1. Program Overview

The **Crystal Treasure Chest Experience** is an interactive wellness and creativity program designed for youth, teens, and young adults. This workshop blends **emotional development, mindfulness practices, and hands-on exploration** using crystals, art, and positive affirmations.

Participants will learn about crystal energy, emotional awareness, grounding, and intention-setting while engaging in a relaxing, fun, and educational activity.

This program is ideal for:

- Schools
- Mental Health Programs
- Youth Centers
- Camps
- Resorts
- Workshops

## 2. Program Objectives

By the end of the experience, participants will:

- Build emotional awareness and self-expression
- Learn grounding and mindfulness skills
- Explore crystal properties in a fun, accessible way
- Strengthen creativity through hands-on art
- Leave with a personalized crystal kit they created themselves
- Feel calm, seen, encouraged, and empowered

## 3. Program Structure (60–180 minutes)

### 1. Arts & Craft Activity

Participants receive a blank treasure box and decorate it using markers, stickers, colors, and symbols.

*Supports creativity, emotional regulation, and focus.*

## 2. Crystal Exploration (Treasure Hunt)

Participants browse multiple crystal chests and select **7 crystals** based on intuition, color, and shape.

*Encourages sensory engagement, mindfulness, and curiosity.*

## 3. Educational Lesson

Manuel teaches:

- Crystal properties
- How crystals form
- How energy affects emotions
- How to meditate with crystals
- Fun facts and interactive learning

## 4. Affirmation Circle

Participant participate in a positive affirmation activity, charging their crystals with intentions of:

- Peace
- Love
- Joy
- Protection
- Abundance

## 5. Closing & Reflection

Short reflection activity allowing students to share what they learned or felt.

## 4. Group Size & Timing

- **Minimum:** 20 participants
- **Standard:** 30 participants per hour
- **Maximum:** 40–60 participants per event
- **Event Duration:** Up to 3 hours total
- Larger groups may rotate through stations

**Setup time:** 20 minutes

**Breakdown:** 20 minutes

## 5. What We Provide

- All crystals (7 per participant)
- Craft treasure boxes

- Coloring/decorating materials
- Table setup (*if not provided*)
- Educational lesson, facilitation, affirmations, and closing ceremony

## 6. What the Facility Provides

- Tables & chairs (if available)
- Indoor room or shaded outdoor space
- Access 20–30 minutes before the session

## 7. Pricing

### Option A – Per Participant Pricing

**\$20 per participant**

Minimum: 20 per participant

### Option B – Standard 1-Hour Session

Up to 30 participants

**\$500 flat rate**

### Option C – Large Group Experience (Up to 60 students)

2–3hour rotating workshop

**\$850–\$1,100** (depending on travel & setup needs)

Travel fees may apply outside Broward County.

## 8. Program Benefits for the Participant

- Builds emotional regulation
- Reduces stress and anxiety
- Encourages positive self-esteem
- Offers hands-on sensory engagement
- Teaches mindfulness in a fun way
- Supports social-emotional learning (SEL)
- Creates lasting keepsakes connected to wellness

## 9. About the Facilitator

**Manuel Veres** is the founder of *Return to Spirit Reiki Healing LLC*, a spiritual guide, storyteller, and spiritual mentor. As a former Broward Sheriff's Office Deputy with over six years of

service, Manuel has worked closely with youth, families, and individuals navigating emotional and spiritual challenges.


His work focuses on:


- Emotional healing
- Storytelling
- Energy education
- Grounding techniques
- Cultural awareness
- Youth empowerment

## 10. Booking & Contact Information

For scheduling, pricing confirmation, or questions:

 **Email:** [returntospiritllc@gmail.com](mailto:returntospiritllc@gmail.com)

 **Phone:** 954-361-2543

 **Website:** [www.spiritreturns.com](http://www.spiritreturns.com)





