

RADIANT HEART QIGONG:

EMBODIED AWARENESS TRAINING TO AWAKEN HEART PERCEPTION



This workshop is a dance of embodied awareness through the many dimensions of qigong cultivation.

The vision of this practice is the unification of body, energy and presence to awaken our natural capacity to perceive and live through the heart.

We will be softening and letting go of what is no longer in alignment with the heart while opening ourselves to what is always already present.

unified whole body breathing : awakening the body shaman's bounce : vertical and horizontal opening : earth and sky : twisting the central pillar : circling the heaven's : elemental balancing : spinal wave : aligning to the central channel : awakening to the central sun : abiding in the natural state

SATURDAY, MAY 12TH 10:00A-1:00A

Jeremy Harlow RCST: is a Certified Advanced Qigong Instructor and Clinical Practitioner through the National Qigong Association and has been teaching Qigong, meditation and various forms of mind-body methods since 1996. For more information: www.danceswithspirit.com or 720-438-5926.

Soul Tree Yoga: Simpson Studio \$40
422 E Simpson Street Lafayette, CO 80026
www.SoulTreeColorado.com

