



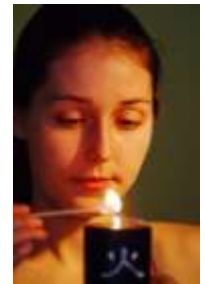
Awakening, Balancing, & Enlivening Ourselves a Meditation & Yoga Workshop

January 28, 2012

The awakening of *Kundalini Shakti* is at the heart of *Tantra*.

- Time:** Saturday, January 28th from 2:30pm – 5:30pm
- Location:** Big Bend Yoga Center, 88 North Gore, at Kirkham, Webster Grove, MO
www.bigbendyoga.com
- Teacher:** Rhonda Mills, ERYT500 & ParaYoga Certified Teacher Level II
- Fee Request:** \$50, or \$40 if prepaid 2 weeks prior to the workshop. Pay via paypal, or Call or email to receive mailing address for pre-registration.
- Registration:** Email rhondaloveslife@gmail.com, or call 314.704.8456

We suffer in grief, doubt, and fear only when Kundalini is asleep. The purpose of Kundalini awakening is to come to **understand ourselves**, and know and **rejoice in our essence**; to dispel confusion, fear, and doubt; to heal ourselves; to integrate and **balance our thoughts, speech and actions**; **to experience life as beauty, joy, and bliss**: in other words, to empower ourselves to live life fully both in a spiritual and worldly sense.



What will we do at the workshop? Learn about, discuss and practice Meditation techniques designed to support people to light the lamp of inner wisdom, as well as practice Asanas (yoga poses), Pranayama (breathing, sensing, and working with Pranic energy), and Relaxation to awaken, balance, and enliven particular Chakras, which are intersection of nadis (energy pathways) in the body.

<u>Chakra</u>	<u>Purpose of concentrating Pranic Energy in Specific Chakra</u>
6 th Chakra–Ajna/ Brain Center	Learn to bring Prana to the brain center to awaken knowing, clarity, intuition, ability to focus, and refined aspects of discernment and the mind.
3 rd Chakra– Manipura/ Navel Center	Learn to collect Prana in the navel center to stabilize energy; balance desire & action; enhance creativity & abundance; awaken empowerment, and vibrance.
4 th Chakra–Anahata/ Heart Center	Learn to deposit Prana in the heart center to heal emotions, awaken and stabilize connection with the divine/higher Self; awaken contentment & call forth full engagement and higher purpose in life.

