

Bindu Kiss :: 4 Gifts for Spring Yoga, Harp, Rumi and the Labyrinth

with
Sue Hollingshead and Christine Tulis

Bindu Kiss - 4 Gifts for Spring: Yoga, Harp, Rumi and the Labyrinth.

Saturday, April 4
3:30 - 6:30 PM
\$45

[Click Here To Register](#)

The Labyrinth
at FirstUnited Methodist Church
1421 Spruce St., Boulder
[Directions](#)

In Sanskrit bindu means dot, point or pearl and often is used to refer to the third eye, the seat of soul, the point between the eyebrows.

Join us for an afternoon celebrating the joy of awareness as we combine the elements of Yoga, healing music on Celtic Harp, the mystic poetry of Rumi and the Labyrinth, an ancient contemplative tool.

Through movement, music, sacred verse and contemplative practice we will journey into our bodies and the realm of the soul, deeply nourishing all aspects of our being in this new budding time of Spring.

We would love you to experience the radiant beauty of these 4 Bindu Kisses as you open your body with rejuvenating, clearing, cleansing spring like ways.

Lighten up the temple of your bodies and hearts through these beautiful experiences of inner and outer harmony. After the Yoga, once your body, mind and spirit are awakened, you will journey in the walk of the Labyrinth... a walk to be remembered, especially if it is your first experience.

All are welcome...

Please bring a yoga mat if you have one, we'll have the rest.

Questions Contact:
sue@yogawithatwist.net or christinetulis@yahoo.com

Namaste~



Sue Hollingshead

Sue Hollingshead certified Anusara Yoga teacher and fitness professional since 1985 brings to the Yoga mat a play of consciousness; flowing and moving from the inside out... From our heart center!

[Sue's Website](#)



Christine Tulis

Christine Tulis is a harpist, composer and devoted lover of the Divine. Her primary interest is in the healing and spiritual qualities of the harp. She combines her music with the mystical poetry of Rumi to create experiences where inner realms of beauty and love can be accessed and embodied.

[Christine's Website](#)

