

Bindu Kiss

:: 4 Gifts for The Season ::

Yoga, Harp, Rumi and the Labyrinth

SATURDAY, DECEMBER 5 2:30 - 5:30 PM \$45

THE LABYRINTH AT FIRST UNITED METHODIST CHURCH
1421 SPRUCE STREET, BOULDER



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.

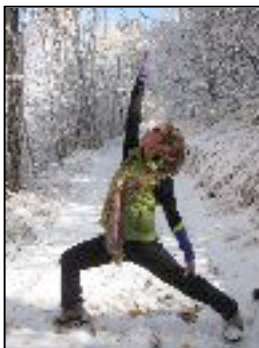
JOIN US FOR AN AFTERNOON CELEBRATING THE JOY OF AWARENESS AS WE COMBINE THE ELEMENTS OF YOGA, HEALING MUSIC ON CELTIC HARP, THE MYSTIC POETRY OF RUMI AND THE LABYRINTH, AN ANCIENT MEDITATION TOOL.

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.

PLEASE BRING A YOGA MAT IF YOU HAVE ONE,
WE'LL HAVE THE REST.

REGISTRATION OR QUESTIONS CONTACT:

SUE@YOGAWITHATWIST.NET 303-817-2878 OR
CHRISTINETULIS@YAHOO.COM 303-304-0837



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!
WWW.YOGAWITHATWIST.NET

CHRISTINE TULIS IS AN AWARD WINNING HARPIST, COMPOSER AND HEALING ARTIST. HER WORK SPANS 20 YEARS. HER MUSIC IS INSPIRED BY A DEEP LOVE OF THE SPIRITUAL QUALITIES OF THE HARP. WWW.CHRISTINETULIS.COM

