



Fall 2019 Health & Mindfulness Classes

Ongoing classes:

Meditative Yoga with Lisa Wednesdays 5:15 – 6:15 pm \$10 RSVP/ \$15 drop-in
Reset your week with gentle yoga that includes supporting postures, meditation & relaxing *shavasana*.

Working with Your Personal Energy with Diane second Monday of the month 5:00 - 6:00 pm \$25
Learn how to understand and use your personal energy.

Chakra Balancing Series with Cai Thursdays 5:30 – 6:30 pm 9/12, 10/10, 11/7 & 12/12 \$15 per class
A series of classes that offer tips and techniques to help you connect to, balance, and heal your personal energy portals –*chakras*. Increase your mind/body/spirit vitality. Attend one or all!

Single event classes:

Personal Boundaries: Identifying & Maintaining with Cai Saturday 10 am – 1 pm 10/5 \$60
When we let others breach our personal boundaries, we often feel irritated and angry. Through discussion and interactive techniques, this class will help you identify and maintain healthy physical, emotional, and energetic boundaries and get your personal power back. Wear comfortable clothing.

Archetypes with Cai Tuesday 5:30 – 7:30 pm 10/22 \$40
During class we will explore how archetypes have historically flavored our world and the choices we make in life with an overview of these “roles” we play. We will then concentrate on three -Adult, Parent, & Child- looking at the light and shadow sides to gain a better understanding of our underpinnings and why we do what we do.

Bagua-inspired Personal Map with Cai Sunday 1 – 4:30 pm 12/15 \$75
Using the ancient feng shui bagua map as an informal outline, you will connect with your intentions as we begin to create a personal vision map for the New Year. Along with discussion, class will incorporate meditation, journaling, collage, and other techniques to kick-start your creative process. Time in class will provide the beginning foundations to make your map so that you can complete & embellish it on your own. Foundational materials will be provided. Enrolled students will be emailed additional information a week before class.

Students who wish to ignite the intentions of their vision maps will be invited to a special Winter Solstice ceremony the following week.

Information: luminessencethelightwithin.com or RSVP for classes through
[meetup.com-Healing & Health Education @Luminessence](https://www.meetup.com/Healing-&-Health-Education/@Luminessence)
Register directly for any of Cai's classes at hummingbirdalchemy.com (schedule now)

