



# ENLIGHTENED LIVING CENTER

## For Conscious Healing

**Awakening the Heart Series** / July 27 - August 17 / \$20 per session

We are living through a time rich with possibility, for both personal and collective transformation. Transformation occurs as we find the courage to look within, and see ourselves and others with kindness and compassion. Awakening the heart is both personally empowering and one of the most potent ways to serve a world greatly in need of peaceful understanding.

Join us for intimate conversation, meditation, and deep self-inquiry on what it means to awaken the heart essence of our being. Come away with tools and insight for living a heart-centered life.

**Chair Yoga** / August 6th / 10:30 - 11:45AM \$20 workshop

As most all of us spend many hours in our day sitting a chair, learn how to use your chair intelligently and constructively. Chairs are an excellent prop / partner to support you in taking 'mini yoga breaks' throughout the day. The chair is also an excellent tool for those regaining their health after illness or injury. Join us for this playful, productive exploration in Chair Yoga.

**Flying with Partner Yoga** / August 6 / 6-8pm \$25

We are all capable of so much more than we may believe. When we are safely supported to move through fears in our body, we notice that we become more fearless in our lives.

The session begins with grounding, preparatory practices that build trust and connection, ultimately leading us past our fear and into an expansive experience of trust and joy.

Join us for this playful and transformative evening exploring the joys of Flying with Partner Yoga.