

Awaken



Foto: Kaja Magnussen

Come and immerse yourself in a brand new experience of your body and soul – 2 days workshop

What does it mean to live your life from a spiritual foundation?
How can you use your body to directly access your spiritual nature?
What would it be like to expand your perception to include many more aspects of reality than you currently experience?

There are nine energy centers in your body that connect you to nine distinct facets of human spirituality. These centers lie dormant until consciously awakened through creating a new relationship with your body. New Equations has developed simple physical practices to access these centers and tap into their rich and varied spiritual dimensions.

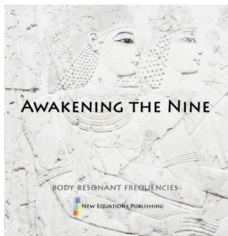
With all nine rivers of spiritual energy flowing through you, you can better fulfill the promise of your life's purpose, serve your family and community, and be a powerful force in the evolution of humanity.

Do you feel that your energy moves towards learning more about this?
Follow your inner voice. We are looking forward to meet you!

Warmly Kaja Magnussen and Siv Roland – New Equations Certified Teachers

What is possible when all nine centers are awakened in your body?

- A more conscious relationship with the source of creation
- An internal vibration that makes it possible for you to easily move toward and engage with others
- A focus that enables you to see through persona and ego and connect with the soul of others
- An alignment of body and mind that resolves emotional blocks and connects you with the passion of your soul
- A clearing of mental chaos so that you can make sense of the world based on your own personal experience of the spiritual connection between all things
- A resonance with the spiritual vibration of everything so that you can know the world at a much deeper level
- A quieting of the mind through finding the stillpoint, allowing possibilities to come in that transcend time and space
- A synchronization of the connection between your soul, your body and the earth so that you can become one with the earth
- A synchronization of your movement with your breath so that you become one with and move in harmony with the whole.



We use movement and specially composed music to create a context and expand understanding. Siv Roland, a Norwegian composer, pianist and conductor has composed music to the nine different frequencies that resonates with the nine energies centers in the body.

REGISTRATION:

METHOD: New Equations developed by Alan Sheets and Barbara Tovey
NEW EQUATIONS PRACTITIONERS: Kaja Magnussen & Siv Roland
INFORMATION & REGISTRATION: Send you e-mail address, name and address to us and you will receive a invoice:
Kaja Magnussen/91312616 kajamagnussen@me.com or
Siv Roland/91793339/ siv@newsteps.no
DATE: 9 -10 October 2010
TIME:1000-1600
LOCATION: Gardarheim – Garder - (8 km south/east of Vestby)
FEE: 1900 NOK - Includes workshop, handout and lunch.
(reg fee with cancel within 2 days 400 nok)