



AWAKEN

Understand your body's natural language

An introduction to the New Equations methodology
30 October 2010 - Edinburgh
31 October 2010 – Falkirk
6 December 2010 – Hautes Pyrenees, France

New Equations is a body-based process that awakens natural aliveness and inner peace in individuals.

We introduce you to the nine major energy centres in your body. Each one connects you more deeply to your spiritual nature – the person you intuitively know you are at your core. You learn to use your body to enable you to stay in the present moment and be more engaging, aligned, grounded, clear-headed, inspirational – the list goes on.

The New Equations findings and methodology are unique in the world and comprise a simple yet powerful set of practices for awakening these nine centres. These are body-based which allow learning and transformation to happen through the body. We help you to trust that your body really does know what is needed in the moment.

The Awaken workshop is designed to introduce you to these practices. And like anything you do, the more you practise, the better you will become at accessing and using the energy from each of the nine centres.

We use movement, specially composed and recorded music, and discussion, to create a context and expand understanding. Awakening to your body's natural language in this way not only brings you more aliveness, it also heightens your awareness of what is going on around you at every moment.

Please wear comfortable clothes.

We look forward to being with you.

Ann Stevenson, Kaja Magnussen, Lynn Hull, Siv Roland
New Equations Teachers