



new equations®
the physical expression of the soul

AWAKENING YOUR NINE WITHIN
A body-based approach to creating great relationships
One-day workshop

11th of August 2010
Stockholm, Sweden

99 Euros (lunch & refreshments included)

Connection, relatedness and intimacy in all kinds of relationships can only arise when the people in these relationships are aligned with and at peace with themselves.

New Equations has a body-based process for bringing natural aliveness and inner peace to individuals.

There are nine major energy centers in your body and each one connects you more deeply to your spiritual nature. These centers lie quiet and dormant . . . and when awakened provide new spiritual energy for you to tap into. In so doing you expand your relationship with yourself and with others.

We have developed a simple yet powerful method for awakening these nine centers. New Equations practices are unique in the world. They are body-based, so allowing learning and transformation to happen through the body.

This workshop is designed to guide you in this process. We use movement, specially composed and recorded music, and discussion, to create a context and expand understanding, as well as enabling greater connection with others. Awakening the nine within brings you more aliveness and heightens your awareness of your contribution to the world.

Please wear comfortable clothes.

We look forward to being with you.

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

For further information or to register contact ann@stillpointassociates.com

Payment in advance is required.

Registration Information

Name:

Address:

E-mail:

Phone: