



new equations®
the physical expression of the soul

AWAKENING THE NINE WITHIN

Saturday, October 16, 2010 1:00 – 5:00 pm

100 Cummings Center, Beverly, MA 01915

Contact Paul (Paolo) Scoglio (see below) for specific location

\$99 includes refreshments, instructional guide and 2-CD music set

Awakening the Nine Within workshops provide a unique approach to moving forward in life.

We invite you to:

- connect more deeply with yourself and others
- deal with any sense of overwhelm and anxiety
- stop endless mind chatter
- feel more energized with a greater sense of aliveness
- be more engaging, aligned, grounded, inspirational
- learn to be more fully present than you've ever been

There are nine major energy centers in your body that normally lie quiet and dormant. We have developed a simple and powerful method for awakening these nine physical energy centers to bring you into deeper connection with your spiritual self. Once you learn where they are and how to awaken them, you will be able to call upon them more and more in your life.

New Equations practices are physically-based and allow learning and transformation to occur through the body. We will guide you using physical practice and movement accompanied by specially composed and recorded body resonant music. You can enjoy a unique, fun experience that will lead you to create a more conscious relationship with your body. Awakening the nine within brings you more aliveness and awareness of what you naturally contribute to the world.

This workshop will be taught by two of the following New Equations teachers:

Kay Dundorf, Gerina Gaffney, Paul (Paolo) Scoglio or Phoebe Whipple

with support from the New Equations East Team which includes:

Catherine Dickey, Ann Dundorf, John Dundorf,

Fee \$99 Includes workshop, instructional guide, 2 original music CDs and refreshments.

We extend a special \$39 offer to persons who have previously attended an Awakening the Nine Within workshop. Advance registration and payment required. We accept credit cards through a Paypal invoice.

Three easy ways to register:

1. E-mail Send the info from the form below to Paul Scoglio, paolo@paulscoglio.com
2. Phone Call Paul Scoglio at 978 921 8400 with information from the form below.
3. US mail Complete the form below and mail with your check to Paul Scoglio, 900 Cummings Center, Suite 417U, Beverly, MA 01915

Name:

Address:

Payment form: check

Make check payable to Paul Scoglio

Your email address:

Phone(s):