



new equations®
the physical expression of the soul

AWAKENING THE NINE WITHIN

Saturday, September 25, 2010 10:00 am – 5:00 pm
Institute of Noetic Sciences
101 San Antonio Rd, Petaluma, CA 94952

\$150 includes lunch, snacks, instructional guide and MP3 music download

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:
Carol Allison, Laurel Avery, Myrna Jones, or Susan Fisher and supported by Anita Costa

Fee \$150 Includes workshop, lunch, instructional guide, snacks, and a MP3 music download to support your learning experience

We extend a special \$25 discount offer to persons who have previously attended an Awakening the Nine Within workshop. Advance registration and payment required.

Two easy ways to register:

1. E-mail Send the info from the form below to Myrna Jones, coachmj@pacbell.net
2. Phone Call Myrna Jones at 925 672-6117 with information from the form below

Name:

Address:

Payment form:

Your email address:

Phone(s):