



new equations
physical expression of the soul

AWAKENING THE NINE WITHIN

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**AWAKENING FARM
DEVONVALE, STELLENBOSCH**

*Saturday, October 16, 2010
10.00am – 4.00pm*

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.

We now have the unique opportunity to have this workshop right here in Stellenbosch!

We invite you to:

- connect more deeply with yourself and others
- deal with any sense of overwhelm or 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

New Equations practices are physically-based and thus allow learning and transformation to occur through the body. We will guide you through physical practice and movement accompanied by specifically composed 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.

Comments from participants:

- *...The workshop was life-changing...." A.P. Minneapolis*
- *"....helped me see where my blocks to being with other people are and gave me some fun and easy tools to work with those blocks. I was afraid the work wouldn't be practical enough to be useful in my daily life, but I'm using it to connect more deeply with current and prospective clients and — guess what — my business is growing" L. P. St. Paul, MN*

The workshop will be a first in South Africa. It will be lead by New Equations teachers from the USA – ML Rice and Anita Costa, with support from the South African New Equations community, which includes Linda Costa, Jane Harwood and Nola Dippenaar

Fee: R875 Includes an instructional guide, original music CDs and lunch. Advance registration and payment are required. Please book before October 6th.

Contact Linda on 0833004703 or linda@olivesinfact.com to reserve your place, or for more information.

www.newequations.com