



new equations®
the physical expression of the soul

AWAKENING THE NINE WITHIN

Saturday, October 30, 2010 1:00 – 5:00 pm

Location: Vywamus Foundation, 6 Amethyst Way, Falmouth ME 04105

Registration and Local Contact: Phoebe Whipple (See below)

Cost: \$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 movement accompanied by specially 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 an awareness of what you naturally contribute to the world.

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

GERINA GAFFNEY AND PAOLO SCOGLIO

Fee \$99 Includes workshop, instructional guide, 2 original music CDs and refreshments. *We extend a special \$39 offer to persons who have attended an Awakening the Nine Within workshop in the last 9 months, and also a special early bird fee of \$89 to those who register by October 20th.* Advance registration and payment is required.

Three easy ways to register (You will be contacted to confirm registration):

1. E-mail: Send info. from form below to Phoebe (pwhipl2@yahoo.com) Note that there is no "e".
2. Phone: Call Phoebe at 207 829-6510 or 207 415-2541 with information from the form below.
3. US mail: Complete form below and send with check to:
Phoebe Whipple, 48 Val Halla Road, Cumberland, ME 04021

Your Name: _____

Address: _____

State: _____, **Zip Code** _____

Payment Enclosed: Write check to: Phoebe Whipple

Your E-mail:

Phone(s):