



The Chakras & Tantric Energy

Call it what you will, energy, prana, chi -- there is a deep river of energy flowing in our bodies. This powerful force is felt both in the spine (Kundalini) and in the chakras, the spinning wheels of life force. In this workshop, we'll teach you to swim in this river.

Saturday, -- 9 to 5 -- cost: \$70.00 -- includes lunch

The Phoenix Centre is home to many body work modalities, and none is richer than our teachings regarding Body Work. Our work flows from the Western approaches of Reich, and the Eastern approaches of Japan, China and India. We have learned to deeply respect the power and beauty of the energy that will flow in our bodies, if we give it the opportunity and our permission.

This is our "Eastern" workshop. We will be taking an in-depth, hands-on look at the movement of energy in the Chakra system. In the morning, we'll explore each chakra, both for its meaning and for its feel. Using both meditation and Body Work, we'll find and eliminate blocks to the free flow of chi through the chakras.

Tantric energy is a way of describing how sexual and sensual energy flows through the body. Since "all energy is the same energy," we'll talk about being comfortable with the flow of this energy in our bodies. Again using visualizations, stretches and Body Work, we'll begin to explore the SAFE release of this life-giving force through the spine. In a comfortable environment, we'll again "massage away" the blocks to the full release of this flavour of chi.

Please note: due to the "hands on" nature of this workshop, and because we'll be using special oils to facilitate the process, old, extremely loose and comfortable clothes are required. What you choose to wear for the Body Work is up to your discretion and imagination!

To register for this or any of our workshops, call 1-519-669-8880 or 1-800-220-7749 or e-mail Wayne at wcallen@rogers.com