

Make 2020 a Year of Your Spirit

As the new year approaches, many of us begin to think of renewal for our mind, body and spirit. We will most likely be more concerned with our body trying to make it slimmer, better looking and healthier. The truth is that we cannot have healthy body without healthy mind and most importantly without healthy spirit. We are spiritual beings, but we seldom pay attention to who we really are as we only focus on needs of our physical body and body of others, with our scattered mind in the driver's seat.

So, bring more focus to your life journey in **2020** and make it a **Year of Your Spirit!** Our **Wind of Prana** group will be offering a special package which you may find helpful in bringing peace, harmony and health into your life.

Core Module:

(\$85 or \$15 per session)

- Clearing Session (60 min) – December 31, 2019
- Refocusing Session (60 min) – January 2020
- Learning mindfulness (60 min)
- Learning meditation (60 min)
- Introduction to Pranayama – Working with Your Breath (60 min)
- Introduction to the Wisdom of Upanishads (60 min)
- Introduction to Tao Te Ching (60 min)

In-Depth Explorations Module:

(please ask for pricing)

- Pranayama – Bridge to Higher Consciousness (15 hours)
- Seasonal Self-Care based on Five Elements of Chinese Medicine (five 90 min sessions)
- Bi-monthly meeting of Community of Spirit (90 min sessions)
- Exploring the Wisdom of Upanishads (11 hours)
- Exploring Tao Te Ching – The Book of The Way and Its Virtues (7 hours)

Community of Spirit Retreats (10 days):

(please ask for pricing)

- Morocco (March-April)
- Spain (April-May)
- Ireland (July)