



The Breathing Clinic with Carol Piro

**Wednesday, October 13, 11:30 - 12:45 p.m. or
Sunday, October 17, 3:30 - 4:45 p.m. \$45**

Group Breathing Clinic with individual breathing analysis conducted 30 minutes before and after group session - appointment selected upon pre-registration.

Oxygen is absolutely essential to providing your body with the necessary energy to heal and to enjoy life! Our breathing patterns correlate directly to the issues we deal with daily. Imbalances in our body, mind or spirit can be healed by healing our breathing patterns. Transformational Breathing allows you to breathe more fully, have more energy, feel more peaceful, joyful and clear and ultimately attain higher levels of spiritual consciousness. During The Breathing Clinic, you will receive an individual breathing analysis, learn and practice the mechanics of an open breath, and experience a group breathing session. Carol Piro is a practitioner and teacher of Vibrational Medicine since 1993. She delivers experience and education in Transformational Breathing, Sound Therapy, Energy Healing, Aromatherapy, Reflexology and Tance Dance.

RSVP anne@theanandacenter.com or 203-273-8364

**Ananda Yoga & Healing Arts Center
16 Forest Street, New Canaan
www.theanandacenter.com**



Chakra Trance

Friday, October 15, 6:00 - 7:30 p.m. \$25

A moving, breathing guided expedition of the chakras (human energy centers) using the classic elements of TranceDance - music, rhythm, movement, breath, intention and a blindfold. Come prepared to move to the rhythm of your inner galaxy!

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Essential Energy Mastery for Students

6 weeks: Wednesday, 4:15 - 5:15 p.m. \$120

October 13, 20, 27, November 3, 10, 17

Exploratory and interactive playshops introducing concepts, principles and practices of holistic health that enhance personal effectiveness and empowerment.

Our True Colors: Human Energy Science: In this foundational Vitality Training, the basic anatomy of the human energy system will be introduced and how it relates to and directly affects physical health and wellness. Students will learn the fundamentals of human energy science and have a direct experience of their own energy field.

Meditation & Contemplation: In this Vitality Training, students will discover how they can clear and calm the body, mind and emotions, develop focused attention, tap into inspiration and relieve stress for enhanced vitality and personal effectiveness.

Conscious Breathing: Tune up the body and the human energy system using pranayama (breath practices). Learn simple breathing techniques for modifying energy and enhancing vitality in this fun and floaty Vitality Training.

The Power of Words (affirmations): The focus of this Vitality Training is to raise awareness of the power of language and words and how they directly affect our reality. Students will learn how to create and work with affirmations (positive personal statements) to empower their lives and realize desired results.

EFT (meridian tapping): EFT is an easy to learn self-help process that is gentle with profound effects. A "tapping" technique on acupressure points is used while verbalizing statements to shift limiting beliefs, blocks to vitality and aid in wellness and empowering one to reach their goals. It is widely used for stress reduction, pain management, resolving inner conflicts, anxiety and depression, and much more!

Treasure Mapping (visualization): A fun and crafty workshop in which students will have an opportunity to play with their creative and artistic energies through building a visual display of what they intend to manifest in life. The completed artwork is a daily reinforcement for the conscious and subconscious minds to manifest the energy that will bring these desires to fruition.

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Purification & Healing Workshop with Mystic Birinder Bhullar

**Sunday, October 3, 3 - 6 p.m. or Wednesday, October 6, 11:30 a.m. - 2:30 p.m.
Individual Sessions \$125/hour**

This workshop and subsequent series coming in October will introduce the practitioner to ancient healing modalities and techniques that will release dis-ease from the body and help one begin to access their inner self. Birinder Bhullar is a true master who is most helpful in allowing one to experience rather than know intellectually what it is to live in the present. To be truly peaceful and trusting that you are exactly where you are at this moment. To learn to trust oneself and acknowledge that which we already know. True healing begins when you live from your heart and feelings. It requires courage to live from your heart. This courage comes from knowing the Truth. Especially important for Yoga teachers, massage professionals and anyone in the healing arts as well as students who are seeking to heal through acknowledging the Self. The Self is not the mind. It is not the body.

The Self having lived ignorant of Truth for so long has caused disorder and energy blocks within itself. The spiritual, mental, emotional, and physical realms of the Self all need to be healed. Purification is the first step. Once you make a few small changes in your everyday living, you will experience immediate feeling of well-being and happiness. These changes are based upon mystical truths and are very natural and simple. They will heal you gently. When you start healing and experiencing your real happiness, the process will naturally become shared with others around you.

You seek empowerment of the SELF to enhance beauty, reverse aging, access greater skills, success, happiness, security, and health. Miracles may spring forth in every domain of your life.

THERE IS NO PURIFYING AGENT GREATER THAN LIFE ITSELF, ONLY ITS APPROPRIATE CHALLENGES TRULY PURIFY.

For more information or to contact Birinder who is an author, visit www.outskirtpress.com/thesupremebeing

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