

Sole to Soul Holistics Proudly Presents

Let's Lighten Up!

A 2-day intensive Qi Gong workshop with Deborah Cameron
...harnessing the celestial elixir to further enhance the light bodies emergence into destiny

Our world is forever shifting, and we are in the midst of great global changes, as prophesied by the ancient indigenous cultures. We are already in the 'shift' that is the precursor to the dynamic north/south polar shift that occurs every 13,000 yrs.

In order to gracefully move through this change, we do need to prepare our physical bodies for the escalating light bodied shift. Join Deborah during this limited visit to the Bay area as part of her international tour.

Your Day One Experience:

- The Cycle of Creation
- Microcosmic Orbit
- Inner Smile Meditation
- Taoist breathing techniques
- Fusion, the art of union between masculine & feminine

Your Day Two Experience:

- the intricate nature of the endocrine glands, their relationship to the pineal, pituitary & hypothalamus (the crystal palace); and the relationship to our higher selves & the collective Universal consciousness (ba).
- with the implementation of the breathing techniques and movements learned the day before, the participants will be guided through the potent 7 mysteries meditation which fires up the Pineal Gland, feeding the celestial elixir of the ba through the Crystal Palace of the brain to the endocrine system and the vital organs, thus lightening the etheric body (ka).

Two Day Workshop in Keswick Virginia

Date: August 29th & 30th (10 am - 4 pm)

Cost \$170.00

Location: Bridge Between The Worlds, Keswick - Virginia

Directions: www.bridgebetweentheworlds.com

Register by contacting Deborah: deborah@soletosoulholistics.com
(seating limited so you must register ahead)

For more information see our website - www.soletosoulholistics.com

