

Sole to Soul Holistics Proudly Presents

# Let's Lighten Up!

[www.soletosoulholistics.ca](http://www.soletosoulholistics.ca)

## 2 day intensive Qi Gong workshop with Deborah Cameron

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.

Day One : Deborah will teach the Basics of the Cycle of creation , (relationship between our vital organs/emotions and 5 elements in nature.) She will review proper breathing techniques which enhance the cultivation of Chi as well as the storage mechanisms of the Chi within the body. Deborah will teach the principles of the Microcosmic Orbit, and it's relationship to the energy pathways of the body. The inner smile meditation will be taught, and the art of the Taoist breathing techniques.

Day Two : Deborah will teach the intricate nature of the endocrine glands, their relationship to the pineal, pituitary and hypothalamus ( the crystal palace), and the relationship to our higher selves and the collective Universal consciousness ( ba). Deborah with the implementation of the breathing techniques and movements learned the day before, will guide the participants through the potent 7 mysteries mediation 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).

Date: Sat April 25 (10-4) & Sun April 26 (10-4) Cost \$170.00

Location : Bridge Between The Worlds, Keswick Virginia , founder, Margaretta McIlvaine

Directions: [www.bridgebetweentheworlds.com](http://www.bridgebetweentheworlds.com)

Register by contacting Deborah : [deborah@soletosoulholistics.ca](mailto:deborah@soletosoulholistics.ca)

(seating limited must register ahead)