

# I am a healing self



Healing yourself  
is connected with  
healing others  
Yoko Ono

All healing is first a healing of the heart. And healing, like forgiveness, is a gradual process. Open yourself to a journey of Self.

Follow your body and mind to be gently carried to a feeling of peace.

- A venus (2-person) meditation to experience the sacredness of human connection in the spirit of love and compassion.
- A shared healing process in this connectedness through creative expression on paper in colour and form.
- A body and mind cleanse with the sound of the gong carrying you to a feeling of relaxation and serenity.

## Kundalini Yoga & Art workshop

facilitated by Rachael Lowe,  
Kundalini Yoga Teacher

19 May 2012

9am to 12pm @ Kundalini Yoga House

\$25 internationals, \$15 Cambodians & volunteers. Refreshments included.

Creative process as guided by Hari Kirin Kaur "Art & Yoga: A Kundalini Awakening in Everyday Life", 2011

A series of 4 workshops\*  
- a journey into the essence  
of yourself and yourself  
in relationship with others.

(\*please feel welcome to join any one of the workshops  
even if you do not plan to attend the 4 workshop series)



**I am**  
a loving self

10 March 2012



**I am**  
a forgiving self

7 April 2012



**I am**  
a healing self

19 May 2012



**I am**  
an infinite self

9 June 2012



Kundalini Yoga House  
Cambodia