

HEALING EARTH

how does the Earth heal you?
how do you heal the Earth?

photo: Em Oyston



21 February 2012

9am to 5pm @ The Yoga Barn, Ubud, 600,000rp
(lunch not included)

"Our Earth artwork, poetry and the story weaved together in our own words by Carrie and experiencing in Kundalini Yoga freedom through dance and insight through meditation ... was unifying. It was a very moving experience." Laura Hodges, January 2012, Cambodia.



The Ragamuffin Project
- Arts Therapy, Training, Supervision & Consultancy -

Facilitated by Rachael Lowe (Kundalini Yoga Teacher, Cambodia) and
Carrie Herbert (Arts Psychotherapist - The Ragamuffin Project, Cambodia)



**Kundalini Yoga
Cambodia**

to register: The Yoga Barn is located on Jin Pengosekan behind Siam Sally & Zen Spa o 0361 971236 o www.theyogabarn.com



REMEMBER THE FORESTS
REMEMBER THE SEAS
REMEMBER THE CREATURES
THIS EARTH IS OUR HOME

through creative arts, yoga and meditation,
be guided on an exploration of your
relationship and connection to the Earth
- its grief, its beauty, its capacity to heal -
renew your connection with the Earth



Kundalini Yoga and Creative Arts Therapy