

Embodying Spirit.....

A Sacred Descent Into the Body



We are being called to awaken and to bring our spirituality into embodied form... to find Spirit in our bodies. Please join us on this exquisite life-changing journey! Open to Men and Women.

When: Saturday, May 30 from 12-5 pm

Where: Pasadena (address given upon registration)

Cost: \$95 before May 26, \$120 thereafter

To Register: See below

“The fact is that no one has ever become enlightened through denying or fighting the body... in the end you always have to return to the body where the essential work of transformation takes place.”
~Eckhart Tolle, *The Power of Now*

Often, we are taught that Spirit and spiritual experiences exist outside the body with the notion that Spirit is “out there”. What most of us do not know is that the Spiritual connection happens within... **inside our own body.**

Healers and mystics across the ages have revealed that “enlightenment” can and must happen through the body.

Join us and **experience your body as the pathway to Spirit.**

Through a potent blend of fluid movement, free-form dance, guided meditation, unique somatic healing processes, and sacred ritual... you will move deeply into the wisdom and healing power of your body... *a transformative journey through your body to your soul.*

- **Learn how to tap into the divine flow that is always moving within you**
- **Dissolve traumas, pain, resistance or emotional blocks held in your body**
- **Transform your relationship with your body-mind**
- **Align with a sense of purpose, well-being & flow that you have been longing for...**
- **Experience the inspiration, possibility, & joy that your body wants to reveal & express**



Tarnie Fulloon PT MA, creator of BodyFreedom, is an integrative somatic physical therapist, movement teacher, speaker and writer who specializes in the total healing of pain and body symptoms & igniting the power of feminine energy for greater fulfillment, success, health and balance in your life.

To Register: Call 626-296-2032, Email Tarnie@bodyfreedom.com or register online at <http://bodyfreedom.com/classes.html>

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