



Harmony of Energy

1945 Pauline Blvd., Suite B, Ann Arbor, MI 48103 734-741-0695

Mini Winter Sessions

Saturdays, 5:30 - 7:30 PM

Circling Energy

January 14 — During session one of Harmony of Energy, we will connect with earth, universal and personal chi (energy) through circular movement. Harnessing these energies in a healing way, you will begin to understand how to cultivate raw chi for the health of your mind, body and spirit. Cost: \$30

Location: Harmony of Energy Center

Throwing the Sticks, Consulting the I Ching

January 28 – The I Ching (Book of Changes) is an ancient Chinese book written on life's dualistic illusion and triad relationships. During this gathering we will explore the 50 stalk method of calculating a personal reading. It is the most comprehensive and meditative method used to consult the I Ching. *Pre-registration and materials required.*

Cost: \$30 **Location: Crazy Wisdom Bookstore**

Harmonizing Your Energy Centers

February 11 — The body has major energy centers. Through visualization, touch, and breathing techniques, this session will introduce and make tangible the fundamental qualities of our centers, and bring into harmony the essential energy flow that connects them. Cost: \$30 **Location: Harmony of Energy Center**

Expanding Into Meditation

March 10 — Meditation techniques act as a vehicle for you to see your authentic self and the nature of your thoughts. During this session you will leave with a sense of clarity, calm, and quietude as we explore the fundamental techniques used in the Buddhist and Taoist styles of meditation. Cost: \$30

Location: Harmony of Energy Center

Class Size Limited. Please pre-register at:

www.peacefuldragonschool.com or

Call: 734-741-0695

About the facilitator: *Wasantha Young* has spent over 45 years studying methods used around the world that bring us into harmony with nature. She is a master of tai chi and chi kung, has received formal instruction in Buddhist and Taoist meditation, is certified in acupuncture and has a MA in Transpersonal Studies.

