

5 ELEMENTS MOVEMENT MEDITATION

WOOD • METAL • WATER • EARTH • FIRE



Meditation doesn't always mean stillness of body and mind. Our 5 Elements Movement Meditation is about bringing your soulful awareness to experience the 5 energies of the Taoist tradition as participants are guided to let these energies flow through their bodies and soul. From the rawness and strength of the **Wood** and the joy and playfulness of the **Fire**, the enveloping richness and longing of the **Earth**, the simple and precise insight of the **Metal** to the depth and resourcing of the **Water**. All of it is a meditation aimed at soaking in all the energies of human existence. A rich, emotional, and insightful journey.

The Meditation will be preceded by an introduction to the 5 elements model and how this central tool of the Inner Journey Program can be used in all aspects of your life. Getting a sense of your primary elements and of those around you can help greatly your communication with parents, spouse, kids and co-workers!!

WHEN?

Sunday 29 March 2015

from 1:00 pm. – 5:30 p.m. (or so!) – Doors close at 1:15 p.m.

Location : Hintonburg Community Center – Laroche room - 1064 Wellington Street West,

REGISTRATION

You must pre-register by e-mail or phone:

jfsauriol@gmail.com – 613-884-0852

Fee - \$20

Please bring your yoga mat, blanket and water bottle.

All proceeds from this event go to support the Friends of Kai Foundation. Kai is the special needs child of Neelama and Michael the creator of the IJ program. See Kai's amazing progress at <http://friendsofkai.typepad.com>.