



Healing Tantric Journey with Jennieke Janaki and the Didgeridoo Healingsound of Joda

Wed, may 9 , june 6 ; 9.30 – 11.00 am

Synergy; 435 Espanola Way

Upstairs

18 \$

Feel a sense of relaxation ,while you gently allow your body to open in the yogaposes.. The yogaposes massage your glands, organs and detoxify . You will realize how body, breath harmony quiets the mind...We will use the tantric disciplines of breath control, mantras, moolha bandhas, meditation,yogaposes to unify the opposite energies , female/male, yin/yang in yourself to achieve a tantric balance,harmony .This is called Health.Join me and the healing sound of Joda to rediscover your birthright of Happiness and Peace again. In this healing journey your Life Force,Prana strengthens.. Resulting in the wakening of your Kundalini;Psychic current..Also referred to as the dormant Serpent Power,Shakti ,mother principle coiled up at the base of the spine.This psychic current uncoils itself and ascents up through the sushumna; central canal.It travels up the spine to contact the final center of power (the Sahasrara),the thousands petaled lotus on top of the head. Also called the seat of Shiva, male principle . The static pole of this psychospiritual energy rising up the spinal canal. This union of Shakti/Shiva,male/female energy floods the body with revitalizing energy.. The result is an increase of your physical vitality and higher awareness in yourself... Joda will play his Didgeridoo in Savasana ; Healing rest to further fascilitate in this Journey of becoming your highest potential of Light, Love, Health and well Being.

Celebrate your Wellbeing with us !!!!!!!!!!!!!

For reservations or questions 305- 6107772