

Open Secrets of Yoga, Qi Gong & Bodywork

The Universal Principles of Nature Applied to Body-Mind and Life **A Workshop on Universal Conductivity**

Led by Keyvan Golestaneh, M.A.

13h - 20h Saturday, 15 September at **YOGAinPARIS**, 36 Rue Des Saules

Learn the universal principles necessary to realize your full human potential, prevent disease and realize greater freedom. Join us for this experiential workshop on living whole-body happiness.

We are embodied as part of a physical world without separation, and are susceptible to disease, dysfunction and change. But we also have untapped potential.

If you engage life without contraction – while maintaining full “self-presence” – a natural state of **whole-body happiness** will emerge. This workshop will explore the relationship between energy and the body-mind. It will give you **unique insights, methods** and an **approach** into **the common essence of yoga, qi gong and meditation**.

When structure, physiology and meta-physiology are aligned and unobstructed, the body spontaneously reorganizes itself and heals, increasing our energy and ability to conduct life-energy. We become physically and emotionally resilient, and **health and vitality** are naturally magnified.

This workshop reveals the bigger picture, enabling participants to understand the various options and practices available and reinvigorate their own life and personal practice.

This workshop is for the initiated and experienced, focusing on applied skills for mind-body professionals.

90€ or 75€ in advance. Info: 0684424380.

To register, e-mail lapis-holistic@comcast.net.

Keyvan Golestaneh, M.A., is a natural medical practitioner, healer and scholar based in California, U.S. He is a Master-level yoga teacher who has studied yogic traditions and meditation for 30 years; a psychotherapist and Structural Body Therapist; holds a degree in Anthropology, and is a practitioner of Chinese Medicine, acupuncture and Jin Shin Do. He is the director of the Conscious Health Institute.



www.LapisHolisticHealth.com * www.ConsciousHealthInstitute.org

Learn about:

- * The relationship between structure and energy practices
- * The meaning, importance and **mechanics of Conductivity** and energy flow
- * How to open to and conduct the **life force and spirit current**
- * Meta-physiology and *energetic anatomy* of the body
- * Why and how we contract from our native happiness, getting stuck in a search for pleasure and consolation
- * How to establish a **Yogic body**
- * The importance of **diet for whole body happiness**
- * The relationship of **emotions, sexuality and body** to mind
- * The relationship between Yoga, bodywork, and Qi Gong
- * Myofascia and the body
- * Hand and pressure techniques