



TIBETAN PULSING YOGA

SAVE THE DATES & REGISTER FOR THIS SPECIAL HEALING OPPORTUNITY!

WHAT IS TIBETAN PULSING YOGA?



Tibetan Pulsing Yoga is a deep, community-based process of inner transformation and healing. It invites us to move from a mind-centered approach in our life to a more heart-centered emphasis. Meditation, music, dynamic group work, and deep relaxation, provide the basis to dissolve blockages within the energy flow of the body and central nervous system.

We will focus on **COMMUNICATION**, the process between two parties, mainly acknowledging that to

send and receive emotional impulses the exchange of feelings is not always joyful. Communication appears as a complex process of navigating the way we perceive things and the way they actually exist, and finding a way through the tensions around our ribcage, into the heart of our Beloveds.

Dissolve the emotional charge and hurt created by misunderstandings ...

Dates & Times

Weekend I: March 1-3, 2013

Fri. 7-11pm, Sat. & Sun. 10-6pm

Location

The Vitality Center
5901 Christie Ave #105
Emeryville, CA 94608

Investment

Each weekend is \$300.

Attend both, get a \$50 discount!

Weekend I - Communication

The way we cooperate with others, if we tend to manipulate, reject or simply get along with other people, is directly connected with the internal function of the digestive tract. The colon has the job of aligning eighteen organs in order to fulfill its function, pushing and pulling in order to keep all the surrounding organs in rhythm. It assimilates our food and nourishes our relations.

With Tibetan Pulsing Yoga, the positive energy of our hearts neutralizes negative energy through orgasmic relaxation. Pain is transformed into pleasure, suffering into relief and fear into bliss.

Specific issues for this group:

- Not feeling heard or seen
- Difficulty speaking up for oneself
- People pleasing, poor boundaries with others
- Nervous stomach or indigestion
- Lack of clarity in communication

Kalpa Büchner and **Chitta Munz** live in the Black Forest of Germany. Their lives are devoted to this work, providing a safe and loving space for individuals to transform into the full vibrant beings they are. Kalpa and Chitta offer workshops around the world including Russia, Korea, Greece, and Germany.

For more info on visit, www.tibetan-pulsing.org.



CHITTA & KALPA