

Liquid Strength and Organic Breath

with Cass Phelps and Olaf Hartman

Saturday May 22nd, 2010

12:00 to 5:00 PM \$50 in advance / \$55 at the door

There is a presence in us, an essence that moves and expands from the Union of source. This is when we are moving within Flow. Within this there is core strength beyond control. It's the expansion of pleasure and connection throughout the mind-body system. This is intelligence. Being Moved by this Union is the true source of Yoga, however rarely taught. Breath is the connecting link. Not the kind of structured linear breath, but the kind of natural breath that comes from deep within creating movement into form. Come and experience this unique approach to Yoga and Breathwork. It's a rare opportunity that this is taught. Resolve stress, chronic pain and injuries. Balance your nervous system and learn to move from the depth of Flow. All are welcome!



Cass Phelps teaches an innovative body of work that is simple, resourceful and revelatory. He specializes in grounding breath movement meditation healing work while honoring 7 years of teaching Continuum Movement, Structural Integration, Reiki, and A Course In Miracles as major influence. He also holds a private practice in LA working with clients with complex neurological disorders.

www.Awake-One.com



Olaf Hartman has been a movement teacher for 17 years. Having studied with numerous master and healers all over the world, he provides breath, movement and sound journeys to connect deeper with our essential life force (Qi) and Self. He teaches regular Qi Gong and Breathwork classes and workshops in Los Angeles and nationwide. He is also a Cranio Sacral Massage Therapist.

www.potentizingLife.com

Call 310.559.7200 to Reserve your Space!!

