

# Blue Pearl Breath Circle

Saturday, March 26<sup>th</sup>, 3:30-5pm

\$25 for 1 person / \$40 for 2 people

The Blue Pearl symbolizes our innermost essence, that which is unchangeable, sacred and indestructible within us. It is the jewel in the lotus and represents the healing of Medicine Buddha. Blue is a color that has historically been associated with numerous deities in various traditions and also signifies the infinite, blue sky and blue ocean of primordial Wisdom. Given the turbulent nature of the times we live in, our journey must move inward so that we may create an outer world that reflects our inner peace. Until we rediscover who we truly are, and respect our innate connection to the Divine, challenges have the capacity to uproot us. Until we recognize and live from this fundamental truth, the external world remains fraught with challenges at the personal and global level.

In this circle, we will utilize an ancient dynamic breathwork meditation to surrender our thinking minds and move into the space of the heart. The heart knows no boundaries and can transform all obstacles with the power of love, joy and beauty. Our Earth Walk remains short. Now is the time to celebrate the gifts of our lives and remember to live in joy even if the outer world crumbles around us. Life becomes a celebration beyond the duality of good and bad experiences.

This circle will remind us to remain open to the energies of the Divine and that we are always connected to this primordial source of energy and love if we choose it..



Jin Lian-Hua (Golden Lotus) became a lineage holder of Yoga of Joy following a solo journey through Tibet, India & Nepal in 2001. Her foundation lies in Tibetan Vajrayana and esoteric teachings from her root teacher, Yuan Miao, yogi Lama Norbu and the Yoga lineage of Krishna macharya. Elements of Taoism, Zen Buddhism,

her training as a Shiatsu therapist and martial artist infuse "how" she teaches. She is a therapeutic nutrition educator specializing in living/raw foods, yoga therapist and actively studies somatic movement / bodywork, Taoist Yoga, Vedic chanting and traditional hula. May the "form" lead to the formless!

[www.tsomo.com](http://www.tsomo.com).

**Call 310.559.7200 to Reserve your Space!!**

