



Open Your Heart

A Kundalini Yoga and Gong Class with Nina Berry

The Heart Chakra is the center for love and compassion, and when we begin living from this heart space then spiritual awakening can take place. Unlike the first three chakras which are ruled by a singular awareness of “me,” when we speak or act from the Heart Chakra, we are acting with a full sense of the other person. This allows us to communicate with others more effectively, brings greater dimension and depth to our relationships, and is the basis for true intimacy. When the Heart Chakra is open and balanced, we are better able to understand which relationships are serving us and which are not, and gain a broader, more neutral view of the array of emotions that so often accompany human interaction. We are open to a larger energetic landscape, allowing us to expand into a greater sense of ourselves and awakening us to the presence of the Infinite within.

Join Nina for this special one-time class and experience the strength, the subtlety, and the infinite power of the Heart.

Special Date and Time

February 13, 2011

9:00am-10:15am

at The Jade Apple

www.jadeapple yoga.com

