

# A Prosperity Workshop

## ~ Kundalini Yoga & Shamanic Ceremony ~

In uncertainty of our times we may find ourselves caught in the grip of fear and worry, blocking the flow of prosperity and abundance in our life. If any part of your life feels lacking...  
be it relationship, money, health or career...  
come join us in sacred space as we explore the patterns that block us from true prosperity and create heart inspired visions to set our intentions into action.

In this evening workshop we combine two powerful and ancient practices to align body, mind and spirit as we open to a realm beyond time and space.  
**KUNDALINI YOGA** offers a technology to deepen our awareness of the present moment and open our heart into vast compassionate wisdom.

From here we step into the **DESPACHO CEREMONY** of the Peruvian Shamans where we connect to the realm of Soul and Spirit, strengthen our faith and fortify our trust in the ever present abundance of each moment.

### *Join us.....*

- For a **KUNDALINI KRIYA** for Creating Prosperity
- Participate in creating a community **DESPACHO**, a prayer bundle in the tradition of the shamans of the Andes
- Release and honor your fears and blocks to prosperity so they may reveal their hidden gifts of healing and evolution
- Create new visions of abundance to inform and inspire you
- Learn practices to integrate into your own life to create the reality you dream
- Remember the sacredness of who you are



*All are welcome...no experience with yoga necessary.*

**REGISTER BY PHONE:**

516-656-0672

or EMAIL:

[lorraine@yogaflowstudio.com](mailto:lorraine@yogaflowstudio.com)

**Where: YOGA FLOW STUDIO**

977 Glen Cove Avenue, Glen

Head 11545

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

**When: FRIDAY, April 3<sup>rd</sup>**

7:30 – 10 pm

Exchange: \$40

This evening workshop hosted

**Don Myer** currently teaches Kundalini at Yoga Flow and Divine Yoga after immersing himself in the study and practice of Kundalini on the big island of Hawaii in the summer of 2008. He lived in San Francisco for 25 years where he has been a student at the San Francisco Zen Center since 1994. Don's devotion to his practice infuse his teachings with a deep warmth and open heart.

**Karen Chrappa** has been involved in healing arts over twenty years as a physical therapist who has studied Thai Massage, Yoga Therapy and Energy Medicine integrating into a practice of yogic shamanism. Her passion for healing fuels her commitment to the path of service and her own spiritual evolution.

**PLEASE NOTE:** If you are currently out of work, or the cost of this workshop presents a hardship, please contact Don at [dmyer33@mac.com](mailto:dmyer33@mac.com) or Karen at [karench60@aol.com](mailto:karench60@aol.com) for other sources of payment. All information is held confidential. Please pass along to anyone you feel may benefit.