



Osho Kundalini Meditation Workshop

with Karen Passalacqua

De-Stress, Release Tension and Have Fun

Where: Yoga Flow Studio, 977 Glen Cove Ave, Glen Head NY 11545

When: Sunday, February 6th, 2011 - 2:00-4:00pm

Fee: \$40

Stressful living and unexpressed emotions can affect our ability to live joyfully and relate to others. **Osho Active Meditations** are scientifically designed to effectively release tensions, which block the natural flow of energy in the body. This release allows us to become more peaceful and relaxed. **Osho Kundalini Meditation** is one of Osho's most popular meditations. It is a dynamic and powerful movement based meditation that will help you raise your kundalini energy from the ground up through your entire body by shaking, which is an ancient tribal medicine, followed by conscious dance, then sitting silently and relaxing in savasana (corpse pose). This meditation is accompanied by a beautiful soundtrack artistically and scientifically created to support the natural flow of energy in the body. Osho Kundalini Meditation allows us to become fully embodied, centered and calm.

Osho (1931-1990) was an enlightened Indian mystic who believed that meditation should be a way of life. He created active meditation techniques that focused on relieving stress and tension through activity in order to access a space of silence and a connection to our inner powerhouse of consciousness. Many of his techniques have been used by teachers, psychotherapists, and doctors around the world. Osho has written over 300 books and has given many discourses throughout his life.

Kundalini is Sanskrit for "snake" or "serpent power". It is a psycho-spiritual energy, the energy of consciousness that is believed to lie dormant, coiled like a serpent, in the root chakra at the base of the spine. Kundalini energy is aroused either through spiritual discipline or spontaneously to bring new states of consciousness, including mystical illumination.

Karen Passalacqua is a Biodynamic Breathwork Practitioner, a Licensed Massage Therapist and a 500-hour Registered Yoga Teacher. Her intention in practicing and teaching breathwork, yoga and meditation is to purify the mind, emotions, body and spirit. This process of self-purification creates space for the divine light that is within us all to shine more brightly. It is this light that guides us, teaches us to love and serve others and helps us to live our true life's purpose.

For more information contact Karen at (516) 445-1484 or email at Kapassamon@aol.com.

