

a structure for *Spirit*

how to create a daily practice



"Karen Chrappa's *A Structure for Spirit* is honest evidence of her own spiritual journey, a document that comes from a daily practice and a tool for taking this medicine oneself. Chrappa does not direct us to a specific spiritual path, but gives us a reliable guide to building a daily practice – which is the only way to have a spiritual path. *A Structure for Spirit* is not a book of abstract theory but a set of instructions. Each chapter is a lesson that, if taken, illuminates inner discovery and gives us a recipe for baking the bread ourselves. *A Structure for Spirit* is a map, but also a pair of shoes." Bill Scheffel, author of *Loving-Kindness Meditation*

Join author Karen Chrappa in this experiential workshop on how to create a daily practice with a variety of spiritual tools for today's modern lifestyles from her book *A Structure for Spirit*.

SATURDAY OCTOBER 15TH, 1:00 – 4:00

Yoga Flow Studio, Glen Head

EXCHANGE: \$50.00

Includes Book *A Structure for Spirit*

REGISTER WITH KAREN AT

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ABOUT THE AUTHOR Karen Chrappa, a holistic physiotherapist in practice 25 years has helped thousands on a healing path. The dedication to her daily practice for over 10 years is the inspiration for her book *A Structure for Spirit*. She continues to deepen her own spiritual evolution working with Shamans in Peru to awaken the Sacred Feminine as part of the ayllu a Bouquet of Light. Visit online at www.karenchrappa.com.