

Wellbeing of Body & Mind

through the unity of Eastern and Western ancient wisdom

Saturday 15 July 2017, 9am – 1pm, Banks Hall, 13 May Street, Mount Maunganui



Apollo



Athena



Odin



Diana the Huntress

Divine Feminine & Masculine

Connecting to a more meaningful life

Discover a path of transformation that is directly relevant to your life. Be refreshed by an ancient understanding that is a map to personal development, with meditations that contain deep healing and happiness. Find out what is holding you back from your fullest potential through a method that has been practised for centuries. Look within to meet deep empowerment. With Western Mysticism, you can explore how early Egyptian, Greek, Roman and Norse civilisations supported their societies to meet their lives with grace and insight. Learn how these classical practices can help with work, family, relationships and health concerns.

About Mira Riddiford: Mira is a New Zealand-based meditation and mindfulness teacher. With over 20 years of experience, she has been trained internationally through apprenticeship, retreat work and study. Mira's warm and engaging style breathes life into these classical teachings. www.westernmysticism.com



Qigong – Eastern Wisdom

Qigong is an ancient eastern health care system practiced for thousands of years for internal health that integrates physical postures, breathing techniques and mental focus. Qigong is a delightful practice of standing, sitting, and moving meditative methods that improve one's health and vitality. Through gentle but profound movements, using the power of awareness, we will feel and move our way into groundedness and open-hearted ease.

About Giselle Martins: Giselle holds over 200hrs of Qigong Instructor training from Energy Arts School with Master Bruce Frantzis of Taoism water tradition passed down by Master Liu Hung Chieh and also from the fire tradition by Osho Divine Healing Exercises lineage. Giselle's purpose is to bring awareness, supporting human beings to evolve into conscious beings. www.facebook.com/cosmiceaglespace

Cost: \$45 for the half day workshop. Assisted rates are available.

To secure your place for this one off event: contact Giselle Martins e: cosmic.healing@outlook.com, p: 021 0265 2434

This workshop is a co-creation of Cosmic Healing, Western Mysticism and the Yoga Collective.