



### **Core Clarity™ - A Collaborative Workshop Series Integrating Yin & Flow Yoga with Energy Clearing**

Energy Healing Institute and Yinward are pleased to offer Core Clarity™ - A series of workshops on energy clearing skills, combined with yoga to accelerate clearing, deepen body awareness and flexibility. The workshops are designed to be inclusive; it is not necessary to attend all workshops to learn valuable skills and poses for clearing energy and supporting the body. All workshops are 2.5 hours.

#### **Set your Field & Thrive!**

This workshop focuses on the 7 primary chakras (energy centers) in the body where energy metabolizes and supports physical functioning. As the role and function of each chakra is described, participants then move through a variety of poses to locate and sense each chakra. Once individuals have a working knowledge of the chakras, a skill to clear emotional energy and patterns is learned and practiced using several yin yoga poses to illustrate and accentuate the clearing experience.

#### **Getting/Staying in your Body & Creating Space for Authentic Living**

In this workshop, embodiment (getting in the body and out of the head) and maintaining a sense of presence are explored through the combination of yin and flowing yoga poses, and three different energy management skills. The workshop focuses on the root and crown chakras – our connection to our body, the Earth and the Universe around us. Additionally, participants will learn to set their second chakra (the seat of the emotions) and to release pent-up energy in the chakra to decrease anxiety, perfectionism and other ungrounded emotions.

#### **When the Going gets Tough**

We all experience rough patches in our lives, no matter how happy, balanced and in touch with ourselves we are! When we feel heavy and bogged down with emotion and difficult experiences (even the day-to-day routine), it means that our energy has become unbalanced and will benefit from deep clearing. This workshop explores three skills that enliven the energy field (and therefore our body and life experiences), again combined with flowing yoga and yin poses. Each participant will focus their intent and release deeply held energy in the field and body.

#### **Staying Centered in the Midst of Uncertainty**

Each of us would like to live from our center. When we live from our center, we hold ourselves and others in a compassionate space, approach life from a grounded perspective, and are open to the possibilities to live gracefully and authentically. The uncertainty and turmoil in our world is an opportunity to deepen and enrich our understanding of ourselves, and to hone our ability to maintain our center in spite of our surroundings. By developing our ability to live from a centered place with grounded compassion, we retain our vitality and hope. This workshop will breathe life into your spiritual practice, and offer you a foundation for establishing and maintaining a compassionate, grounded energy. The goal of the workshop is to establish an active meditation practice to create inner peace, balance and self-awareness – a panacea for the negative side effects that can arise from experiencing and navigating our current worldview.



**You are you and I am Me... (boundaries, relationships, growth and healing)**

This workshop teaches a series of skills that are practiced in combination with yin yoga poses to offer a deep experience of creating energetic boundaries. Energetic boundaries minimize the feeling of being overwhelmed, offer a concrete sense of self in relation to others, and allow us to grow. No matter whether those around us are growing or stagnant, boundaries create opportunities for creatively healing the wounds and losses that we all carry privately within us. The yin poses allow each participant to explore and create their energetic boundaries from the sacred perspective of self-awareness.

**Getting Over It and Getting on With It**

All of us have experienced relationships with others that are difficult – in some cases we're just not that into each other (!), and in other cases we feel polarized and invalidated by the differences in how we see ourselves and our life experiences. This workshop teaches several skills for meeting these relationships from an evolved understanding; where it is learned to perceive the self and others with a different level of compassion. This becomes a powerful tool for confronting difficult people and evolving our relationships with them through conversations that take place energetically.

**For more information:**

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