



Lapis Lazuli Light Workshop in United States

Nourishment from Colours For Body-Mind-Spirit, Opening the lotus of our Chakras

Facilitated by Chiu-Nan, Lai, Ph.D

2 – 6 September, Garrison Institute

Colour nourishes our body, purifies our emotions, uplifts our spirit and inspires creativity. Using colour painting, colour light therapy, visualization, eurythmy, colours in nature and food – allow our body and mind to reclaim its natural colours and vibrancy. As our earth is transforming ever rapidly, we need to hasten in opening our energy-centres (chakras) and connect spiritual energy source that lies beyond time and space. As we let go of difficulties formed by our old habits, we are ready to welcome the 'New Earth'. Metamorphosis (a healing technique) assists us in clearing energy blocks during conception and perinatal period, resuming to energetic forces before conception. Other techniques in opening energy-centres will also be taught in the workshop.

Additional day (Evening of 6 Sept to afternoon of 7 Sept): Participant can opt to stay and learn about skilful means of clearing obstacles and increasing positive conditions in life. **Places are limited, please register early.**

Fees include workshop, natural & organic meals and twin-sharing accommodation.

2 - 6 Sept: S\$1065
(S\$980 - for registration before 10 July)

2 - 7 Sept: S\$1261
(S\$1177 - for registration before 10 July)