



Creation Yoga

With Michelle Fiore

Conscious Thoughts from Creation Yoga

January 2013

Michelle Fiore Workshop Invitation: Tantric Yoga for Everyone

Curious about Tantric Yoga? Did you know that Tantric Sexuality is only one feature of Tantric Yoga?

In this workshop, Michelle will dispel the myths and introduce some core philosophies of this widely misunderstood branch of the yogic tree. Be guided in neo-Tantric Yoga practices designed to help you embrace your passions, heal your pains, live more authentically, and grow experientially into your ownership of your Life Force Energy. Learn exercises for Chakra balancing, sensory enhancement, resonance, visualization, and channeling Life Force Energy. This workshop is appropriate for beginning yogis as well as advanced practitioners.



Details:

2:30-4:30pm
Saturday
January 19,
2013
Cost: \$30

Northbrook
Yoga Center
2827 Pfingsten
Road
Glenview, IL,
60062

[NorthEast corner of Willow and
Pfingsten]

To preregister, call Michelle at 847-890-8119
or email Michelle@CreationYoga.com

Preregistration also may soon be
available online at
www.NorthbrookYogaCenter.com



Quote of the Day

What if religion was each other?
If our practice was our life?
If prayer was our words?

What if the temple was the Earth?
If forests were our church?
If holy water-the rivers, lakes, and

oceans?
What if meditation was our relationships?
If the Teacher was life?
If wisdom was self-knowledge?
If love was the center of our being?

Ganga White
Founder, White Lotus
Foundation

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