

BODYWISE YOGA STUDIO IS STARTING A LECTURE SERIES

The first one is this coming Wed. evening Feb. 3rd, 7:15-8:15 p.m.

Suggested Donation: \$10

Teas and Refreshments served

But please just come, if you have interest, but no extra funds!

Rand Lundmark, Ph.D., MFCC, who graduated from the Univ. of Santa Monica, will be speaking on some very useful universal spiritual concepts he learned in his very interesting studies there. Topics:

1) making a conscious paradigm shift between our hearts and our heads, 2) where emotions come from and 3) how to heal fears associated with rejection-abandonment-betrayal issues. It will be an interesting and useful evening, tho short - I don't want anyone staying too long during a week night.

Other topics to come:

Homeopathy

Vegetarian Cooking

Health Factors You Will Be Thrilled to Know About to Enhance Your Health (besides Yoga!)

A Course of BodyWork to Balance Problems Quickly

Sanskrit

And others! They will be on the website, as well as publicized in the studio