



# HeartFire

Sinsinawa Mound ~ November 15-17,  
2019

*Ignite Heart Power & Dynamic Vitality through Music,  
Movement, Ritual and Art*

*Liberate Love, Health & Creativity*

*Practice ways to Connect to Source, to Eliminate Limitations  
& Build Vital Energy*

- Restore self-love and compassion through the Goodness Process
- Open doors of perception to dream and dance into your question or intention.
- Understand how Self-Rejection blocks healing, causing heart maladies, auto-immune disease, arthritis, etc.
- Soul space to uncover your heart with movement, chalk drawings and journaling
- Inspired by loving messages from your inner gentle voice of guidance and music.
- Express and empower Beauty and Truth within your heart.
- *Sound Accord, dance or art experience not needed to create your visual prayers!*

*Music, movement, awareness and connecting to Source help us navigate the terrain of life without getting stuck, holding on or pushing away. Through the body's physical expressions of freedom and emotions we can appreciate how emotions and different states feel in our body and what they have to teach us: how fear protects us, anger defends us, sorrow releases us, joy up lifts us and compassion unites us. By mindfully following our body's weight, breath, rhythm, and movement, we can navigate these emotional fields without feeling overwhelmed or stuck. Listening with all our senses to what our body knows, we can create an opening for further discovery and transformation. Tension is released; authenticity, groundedness, aliveness, open-heartedness, and flexibility emerge. By integrating our awareness of the body's knowledge of instinct, passion and emotions with our mind and heart, we gain a deeper capacity for love.*

This workshop is an intimate small group experience, space is limited!  
Reserve your place as soon as you can with a deposit of \$175.

**Earlybird** ~full payment of **\$325** by October 4, 2019.

Full Tuition for the weekend paid after October 4 is **\$355**.

Room & Board as always is an additional fee for Sinsinawa.

**Please find an additional separate mail-in registration attached.**