

Divining Your Vision Into Reality

(with Kundalini Yoga, Meditation, and Art)

led by Sat-Akal

Photo from <http://personal.radoxist.com/picture/122>

Get ready for an evening of light yoga (all levels and beginners welcome), chanting, guided meditation, sound healing, and the creation of a personalized visual tapestry for your soul's journey in 2013 - bringing the idea of vision-boarding to a whole new level of experience.

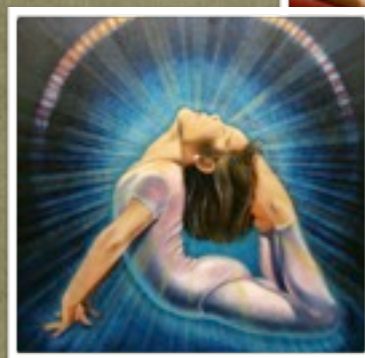
By the end of the night, you will walk away with your own creative "vision-board" in hand, AND you will also learn a powerful meditation for creating abundance in your life for the rest of the year and into infinity!

Most materials will be provided. You may bring 1-2 of your favorite magazines for collage as well as any additional items to "beautify" your project (glitter, ribbons, etc.). Also, please bring your own yoga mat and small blanket for deep relaxation.

ALL are welcome. This will be held in a private residence. Please RSVP to receive the exact address. Call/text: 323-828-4947.
Email: visionaryforpeace@gmail.com

Energy Exchange: \$30.00

Saturday
Jan. 12
5pm - 8pm



More info:

<http://www.artfullivingmovement.com/event-calendar.html>

About the teacher: Liza "Sat-Akal" Camba is a visionary artist, intuitive healer, certified kundalini yoga teacher, modern day priestess, and the Creator of *Artful Living Movement*. She melds her love of yoga, healing, and art to support the truth, human potential, and brilliance of individuals and communities.