

Emotional Awareness Practice

Saturday, October 30 | 2:00 - 5:00 p.m.

Energy flows through us like a river. When we get stuck on an emotion, a tree falls and dams up the river. Emotional Awareness Practice lifts the tree and allows it to flow downstream, freeing up our energy.

Many times we go about our day knowing that underneath the surface something is subtly affecting us, but we just don't know what it is or what to do about it. It may be strong on some days and weak on others. It may feel like a gnawing or just some sense of nervousness. What we don't realize is that this "something" is having a strong effect on us. It can influence our decisions in ways that we are unaware of.

Join us for an evening of learning gentle and effective ways of tuning into this subtle emotional energy and engaging it in a positive way. This will involve a brief contemplation and hands on healing. No special background is required, just an inquisitiveness as to what lies beneath the surface of our everyday lives. This practice can be used on friends, family, even young children. We also include a way to use this practice on yourself.

Please register on-line.
\$75 before October 25, \$85 after

BOB KEARNEY C.S.T.

Bob Kearney has been a full-time bodyworker since 1986. He has spent years working in chiropractic clinics, hospital clinics, and the leading spas in the Chicago area. He has taught bodywork in massage schools and in public seminars.

Bob is certified in Structural Therapy, Zen Bodytherapy and Zen Triggerpoint Therapy.

He has an extensive background and thorough training in Cranio-Sacral Therapy. Bob has also formally trained in Orthopedic Massage, Muscle Energy Technique, BodyTalk, Aquarian Age Healing, and body centered psychotherapy.

Bob has also been a meditation practitioner since 1989 in the Tibetan Buddhist tradition. For the past 10 years, Bob has taught meditation classes and workshops.

Bob brings an intuitive approach to his bodywork using a variety of techniques to achieve wellness.

For more information on Bob Kearney you may reference his websites: www.craniorobert.com and www.vitalhealing.org.

DONNA BOYLE will be assisting the workshop.

Donna Boyle M.S., R.N. is a mother of four and Director of Nursing for an extended care facility. Donna taught nursing at Purdue University. She has practiced yoga since 2003 and has completed a 200 hour yoga teacher training at Chicago Yoga Center with Suddha Weixler. Donna has been meditating since 2007 and has studied with Mingyur Rinpoche and Reggie Ray. Donna completed a seven day residential meditation retreat with Reggie Ray at his center in Crestone, CO. Donna has recently begun studying bodywork including cranio-sacral therapy and BodyTalk. Donna has dedicated herself to the path of awareness and healing.