

The Embodied Heart: Playing with Intimacy



Why do we hide from each other, even in moments when our hearts would naturally delight in making contact?

Meditation, partner work, and movement to play with our hearts' natural draw to touch and with intimacy beyond the context of romantic relationships.

Valentine's Day 1-4pm at Yoga Mendocino



Adam Chacksfield is the founder of The Center for Non-dual Awareness, and the creator of "Falling Open," a four-month online course that transforms the way participants experience life. He originally began publicly offering non-dual teaching and coaching with the encouragement and support of Peter Fenner. Adam's work has also been greatly influenced by the heart-centered teaching of Jeannie Zandi.
www.adamchacksfield.com



Kate Foley is passionate about supporting the embodiment of non-dual awareness and cultivating heart-centered relationships with self and other. She draws from over a decade of experience with working closely with heart and somatic oriented non-dual teachers such as Jeannie Zandi, Pamela Wilson, and Jon Bernie. Kate has a background in social work and Reiki, and offers heart-centered awareness counseling. foley_kate@hotmail.com

Come alone or with a friend. All are welcome.

\$40 in advance, \$45 at the door; register with a friend/partner: \$70/\$80

Register at www.yogamendocino.org or 707-462-2580. 206 Mason St. Ukiah.