



*The Five Element
Cycle – The
Continuity of Life*

wood

fire

earth

metal

water

**Sat 24th July 2010,
11am – 4pm**

with Shakta Kaur &
Gabriella Agular PGCE, MRSS

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“The mysterious forces of the Earth create moisture in the Heaven and fertile soil upon the Earth; they create the flesh within the body and the stomach (and spleen). They create the yellow colour... and give the voice the ability to sing... they create the mouth, the sweet flavour, and the emotions of anxiety and worry.”

The Yellow Emperor's Classic of Internal Medicine

This is the fourth in a series of workshops about the **five elements** applying Kundalini Yoga, Shiatsu and Aromatherapy. Since each element goes with a season, the series will spread over the whole cycle of a year. This time, we investigate the **Season of Late Summer and the Element of Earth**, learn basic shiatsu moves and pressure points, and talk about nutrition and aromatic energies. The next workshop will be in autumn about the element of metal.

Costs: £30

Venue: Easterngarden, The Portobello Clinic,
12 Raddington Road, London W10 5TG,
www.easterngarden.co.uk

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