



Introduction to Lightwork

December 14, 2017 6:30 pm-8:00 pm



Actualism Teacher
Yoga Teacher (RYT 200)

About the Star Path

Actualism, known as Agni Yoga or Union by Fire, teaches the Star Path. The Star Path is a step-by-step process of enhancing and accelerating spiritual growth and enlightenment. Using ancient techniques in a modern formulation, the Star Path works with inner "light-fire" energy tools and techniques to bring about the releasing of one's potential for healing self and others, for creative inspiration and expression, and for problem-solving in many areas of life.

The Four Basic Laws of Energy ©1974-2017, Actualism

We will have the opportunity to work with four basic laws of energy that Actualism teaches, which express profoundly powerful inner truths:

1. Awareness directs thought, and thought directs energy.
2. Life-energy follows thought.
3. Where there is pain, from mild discomfort to acute distress, the flow of life-energy is obstructed.
4. Where thought is focused, the power of life-energy is concentrated.

We can sum up these four laws in four simple words for practical application: **THINK, LET, OBSERVE, and EXPERIENCE.**

Restorative Yoga and Meditation

Our meditation practice will be preceded by a brief asana practice of restorative yoga to prepare ourselves. Please bring a yoga mat and any props you require. A few blankets, mats and blocks will be provided.

WORKSHOP LOCATION

Center for Integrative Care
3545 Camino Del Rio South, Ste. C-1
San Diego, CA 92108
December 14, 2017 6:30 pm – 8:00 pm

WORKSHOP COST

\$15.00 per person (cash or check accepted)
RSVP: starpathyoga@gmail.com or 619.417.0993