

3 things *you* need to know about:

1. Walking the Lotus Path

Chakra & creativity workshop w/ Virginia McKinnie, MA
Sunday, Oct 14, 12:30-3:30pm register now! \$50/person

Join us for an in-depth exploration of your energetic centers – the jeweled lotuses of your chakras. Using movement, creative expressions of art and writing, and interactive exercises, you'll discover your hidden strengths and resources as well as the unconscious energies that may be short-circuiting your conscious life.

- ❖ *Ground yourself and learn how to manifest your desires*
- ❖ *Touch your emotional foundations and your juiciness*
- ❖ *Stoke your fires of power and sharpen your will*
- ❖ *Open your heart and create balance within and without*
- ❖ *Speak your truth and hear your inner voice*
- ❖ *Envision your potential*
- ❖ *Experience your deep connection with the divine*

Second Sunday of Each Month Beginning in October

To register or for more info. contact Virginia (610)644-2118, vmckinnie@comcast.net,

2. Yoga for ALL KIDS begins Oct 14 w/Denise Orsulak, PT

“My hope is that children with disabilities can participate in yoga class with their peers. Yoga is way for all kids to reach their highest potential.”

Parents, are you looking for a recreational activity for your child with special needs? Would you like an activity that is non-competitive and is focused on building self-esteem, self-confidence, and self-control? Yoga may be the answer! Yoga can stretch, strengthen, and balance your child's mind, body, and spirit.

Denise is a licensed physical therapist with 10 years experience working with children with special needs. She has worked in a variety of settings including early intervention, school systems, and outpatient pediatric rehabilitation. Denise has a Master of Physical Therapy degree from the University of the Sciences in Philadelphia and has done advanced training with Sonia Sumar of Yoga for the Special Child ®. She is currently in her last months of Classical Yoga Teacher Training at Yoga Life in Devon, Pa.

Meet Denise Sunday October 14th 5-7 pm

Class to start Sunday October 21st 5:15-6:15pm Contact: Denise at 267-226-7767 or allkidsyoga@comcast.net

3. FREE! Our Warming Planet: Problems and Promise

Oct. 21, 12:30-3:30pm w/ Andrew Krieder, EPA,
personally trained by Al Gore

Adapted from the slide show used by former Vice President Al Gore and portrayed in *An Inconvenient Truth*, this workshop is your chance to grasp the seriousness and immediacy of our suddenly-changing climate. Drawing solely from the international scientific consensus on global warming (and avoiding politics), our presenter will explain the likely consequences of a warmer planet, and - perhaps more importantly - the steps that individuals, communities and nations can take to restore balance to our shared atmosphere. In the words of the late Donella Meadows, "there is too much bad news to justify complacency. There is too much good news to justify despair."

Ok, there are more than 3 things you need to know about, but you'll have to contact us to find out more!

www.oceanearthwindfire.com

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122 Bridge Street in the vibrant heart of Phoenixville...opening Oct. 8!