

Meditation

On Twin Hearts

Presented By Saurabh Somalya
of Pranic Healing Michigan

Friday, May 3

7:00-8:30PM

\$10 per person (\$15 door)

UpDog Yoga Welcomes Pranic Healer, Saurabh Somalya, for A Simple, Easy to Follow Guided Meditation on Twin Hearts

'Twin hearts' refers to the two Heart and Crown energy centers, or chakras, that are activated during the meditation. This meditation is designed to achieve a state of deep inner stillness, peace and illumination while blessing the entire earth with harmony and loving-kindness.

Meditation on Twin Hearts is a meditation technique developed by Master Choa Kok Sui, a spiritual teacher and founder of the modern Pranic Healing movement.

Following the meditation, the team will perform a non-touch Pranic Healing session on all attendees. The underlying philosophy of Pranic Healing is that the body has the natural ability to heal itself, and by removing energy blockages and imbalances, the healing process can be accelerated.

Saurabh Somaiya is certified Pranic Healer with Pranic Healing Michigan and has been teaching Meditation for 12 years

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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