

The African Holistic Health Chapter of NY
Welcomes You to a Weekend with
Caroline Shola Arewa

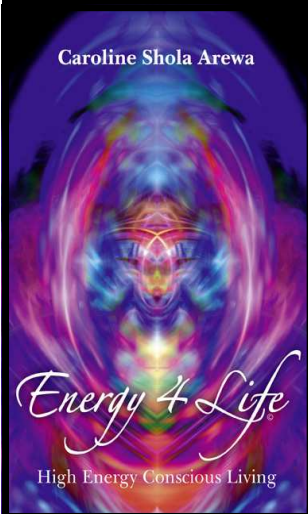
Author of
“Energy 4 Life”
Free Lecture & Book Signing
August 7, 2010 @ 12p—4p

“Sexual Energy & Ecstasy Workshop for Women”

August 8, 2010 @ 12-6p

\$125.00

(Members receive a 10% discount on admission)



“Energy 4 Life” Lecture & Book Signing

Most people want enough energy and vitality to live life to the full, yet 21st Century living drains energy, causes us stress and can lead to dis-ease. Lack of energy is a major cause of illness today. Energy 4 Life shows you how to raise energy levels and create ease in your life. How you manage, personal energy is a key factor in the overall quality of your life. This workshop introduces the Ancient Chakra System and integrates four powerful ways of elevating energy for health and wellbeing. We will explore: Energy Exercises, Energy Psychology, Energy Food, Energy Balance Drawing on Ancient spiritual traditions, quantum science and contemporary coaching practices you will learn simple tools and techniques for raising energy levels and creating health, happiness and success. An understanding of the Human Energy System leads to greater physical health, emotional stability and spiritual awareness. This workshop explores how you can create subtle energetic changes in your life that have a big impact. A great opportunity to top up on your energy levels and learn simple tools you could use with family, friends or clients.

Sexual Energy & Ecstasy – Workshop for women only !!!

Sexual Energy holds numerous benefits and pleasures, bestowing excitement, balance, healing and the potential for bliss and spiritual elevation and ecstasy. Yet like fire, passion and losing control, sexual energy is often feared, suppressed, exploited and abused. One of our most beautiful, creative and loving attributes can be left dormant, misunderstood and mistreated. Or as Osho said, used merely as a sleeping pill! In this powerful workshop we will explore Sexual Energy, delving into the rhythms and cycles of pleasure and pain. Sexual energy not only weaves you into being, it also continues to serve your body, mind and spirit, throughout your life, producing health, happiness and spiritual fulfilment. This potent force impacts all the Chakras flowing from the root to the crown and then returning from crown to root. This workshop offers the opportunity for the Sistahs, Wife’s, Mothers, Daughters and Aunties to come together to share, heal, honour, celebrate, re-establish and re-energise creativity and ecstasy in our life’s.



Life Spring Rejuvenation
953 E. 225th Street
Bronx, NY 10466
Directions by train: Take the #2
Train to E. 225th Street
Directions by car:
www.mapquest.com
Directions by bus:

**All major cards accepted
online at
www.africanholistic.weebly.com
or
contact
Sista Shai: 347-427-8668
shaimesh@aol.com**