

SHIVA NATA: BRING ON THE EPIPHANIES

Yoga for the Brain with Havi Brooks

Come to an Epiphany Weekend and Shift Those Habits

Dance away your patterns...

Shiva Nata is a gorgeous, flowing form of movement that restructures neural connections so you can make personal breakthroughs in a very short time, usually within 24 hours.



It's a yoga-based epiphany-centric experience, an intuition-building movement-flow extravaganza, a pattern transforming weekend.

And you're invited.

For more information go to:
www.ShivaNata.com/events

THIS FUN, POWERFUL DANCE OF SHIVA WORKSHOP INCLUDES:

- mind-boggling moments of "bing!"
- intense body-brain workouts
- delicious guided relaxations

Beginners Welcome

Limited Space

Where

Sanctuary In The Pines
100 Lake Shore Drive
Flat Rock, NC 28731

When

Friday August 21
(starts at 7 PM), through
Sunday August 23
(ends at noon)

How Much

\$295 Early-Bird Special until 6/30!
\$395 after that.
Lodging for the whole weekend
available on a limited basis for just \$135.

Expect ...

- Intense meditative and intuitive states
- Improved memory, coordination, timing and balance
- Zapping of old patterns
- Plenty of theory to back up the practice
- Surprising insights about how to work through the stuck

Featuring head Shivanaut **Havi Brooks**, the second-most established teacher of Shiva Nata in the world today. Thousands of clients and students around the world have worked with her to resolve challenges, ignite lightbulb moments and generally just fall in love with being alive. Co-teacher: Selma the Duck



The Fluent Self