

YOGA CENTER OF CARMEL PRESENTS

Vibrating Heart Intelligence

“ There is a voice that doesn’t use words. ”-Rumi



WITH

Krystle Dawn Truncale



Musical Accompaniment | Peter Konikowski and Rick Chelew

Experience and witness the rhythm of thy wisdom, heart, mind and spine aligned.

Sunday, April 23, 2:30 - 4:30pm

\$30 Pre-Register \$40 at Door

To pre-reg email Kathleen: yogacarmel@aol.com

or mail tuition to Yoga Center of Carmel, PO Box 1413, Carmel 93921

Be escorted on a journey through experiential and embodied movements, meditations to guide the mind to high levels of awareness, a radiant and peaceful body, as well a harmonious heart and mind. A balance of pranayama, asana, meditation, accompanied by the nectar of the practice, live musical vibrations.

“Human anatomy; where the heart was the true center of human intelligence and not the brain. – Aristotele “Embodied and integrated, Heart Intelligence gives you the ability to be fully real, present, connected and heart-directed in every area of your life so that you can experience greater levels of performance, creativity, intuition and higher order thinking. Science is validating; heart stands at the center of an intelligence system that gives access.” – Gabriel Gonzales

Yoga Center of Carmel PO, Cultural Center, Cottage #18, 10th Ave. between San Carlos and Mission St., Carmel
www.yogacentercarmel.org email: yogacarmel@aol.com