

Harvesting Your True Potential



Practices for Balancing the Metal Element

Sunday, October 2 - 1:30 to 4:30PM

\$40 in advance/ \$50 that day

Garden of Yoga

140 N. LaGrange Rd., Ste. 17
LaGrange, IL 60525

www.gardenofyoga.net

Call Meg with Questions:

708-261-6434

As we move into Fall and forward on the 5 element theory wheel, we will learn how to cultivate a healthy balance of the metal element. This includes learning to let go of the mundane and purifying what is essential. We will use various techniques including the Chinese Five Element Theory, Restorative Yoga, Acupuncture and Essential Oils.

- Gain an understanding of the Chinese medicine metal element and how it can affect you and your well-being during the Fall season.
- Learn the similarities between **Ayurveda** (Traditional Indian medicine (TIM)) and **Traditional Chinese medicine** (TCM) with respect to metal.
- Experience self-care protocols with essential oils that can support the **lung and large intestine meridians, empower self worth and inspiration** to balance how metal manifests in the body--physically, mentally and emotionally.
- Receive a customized metal based **acupuncture and essential oil treatment** based on a personal review of your own 5 element constitution.
- We will also integrate restorative yoga and breath work with these treatments.

**Due to the nature of this experience, class will be limited to 10 lovely souls, so please do sign up in advance.*



***Kathleen Barber** received her Master's in Acupuncture from Bastyr University. In 2012, Kat did post-graduate studies in Five Element Theory. With this framework, she can identify an individual's specific element through the external expression of their inner state, addressing physical, emotional and spiritual imbalances. Kathleen's passion is seeing the highest potential in all. With this as her base she uses the TCM and 5 Element tools to create wholeness and balance for each sweet soul she treats.*

***Meg Barber** has been studying yoga for over seventeen years. Her yoga teaching experiences include beginning, aqua and restorative yoga. She completed her 200 hour studies in 2004 and 300 hours in 2012. With her roots in corporate America and her training in energetic therapies, Meg believes that yoga increases wellness while improving the quality of life. With this in mind, she believes that yoga should be made available to people of all abilities.*