

Dear Friends and Students,

The weeks are passing and bringing us closer to our new class on January 9, 10 and 11! Megan and I are very excited to see you and share the techniques weâ€™ve been working with this year. Thank you to all of you who have registered for the class so far!

This class will be a powerful exploration of what stops us from living a life of ease and creativity, peace and productivity, joy and freedom. We will open the window to our own resistance and find ways of removing it.

We all have resistance. Physically, emotionally, mentally and spiritually we often resist what is good for us. Even when we really want something, we can resist it on many levels. Do you find that your plans and dreams keep running into resistance? Finding this resistance and bringing our presence to it so that it can change has been a big part of our work this year. There are simple techniques that can make a huge difference in letting go of the resistance, and then making giant strides toward fulfilling your plans and dreams.

We will also look at how to manage the energy of the negative outside factors that influence us; those people and situations that can keep us from doing what we want and expressing who we really are. Unfortunately we all experience some degree of resistance from the people or world around us. These negative influences can stop the flow of passion, purpose, love and excitement that we want and need to feel in life. There are tools for working with these influences and reducing or eliminating the impact they have on our lives.

In the class we will examine what happens to our nervous systems when resistance and negativity limit us. We will learn which tissues hold the resistance and how to release it from our bodies and our lives.

It is our wish to share with you the most useful skills we have found for changing internal and external resistance, so that you can live the life of health and full expression that you want.