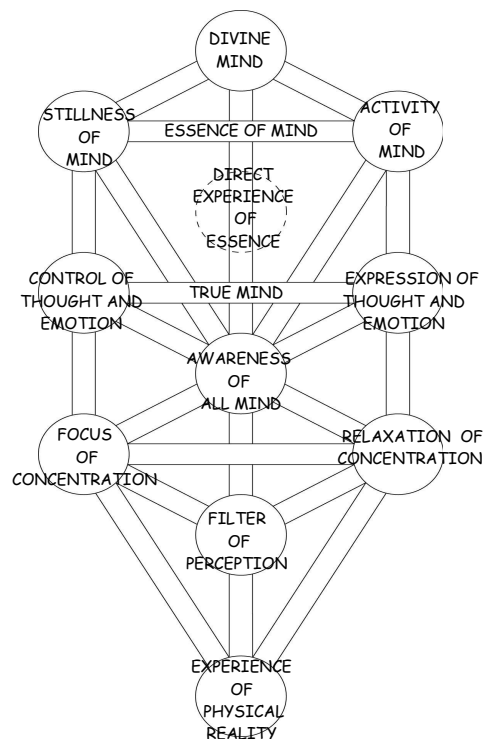


TREE OF EAST AND WEST WORKSHOPS 2012

KABBALAH AND THE MIND Saturday 10th November



A day workshop on the Mind and the Way of Contemplation. With different meditations the relationship between the psyche (the Yetziratic Tree) and the Spirit (the Beriatric Tree) will be investigated. The Way of Contemplation and the training of the focus of the mind provide a clear method to connect to and experience the upper worlds.

Venue : Flat A, 30 Greencroft Gdns, London NW6
Time : 10am - 5pm

Enquiries to Andy Henry on 0207 794 6392
Email : Treeofeastandwest@hotmail.co.uk

Kabbalah and the Body - Saturday 1st December

Venue : St Saviours Church, Eton Road, London, NW3

A day workshop on the body and the Way of Action, its relationship to the Tree of Life and the psyche (the Yetziratic Tree). Physical exercises and meditations will be practised to investigate the body and its relationship to the Four Elements of Earth, Water, Air and Fire. As we work with and unify these more within us we can deepen our experience of the Four Worlds and hence receive more the influx of the upper worlds.

Program for 2013

Kabbalah and the Body	: 23 March
Kabbalah and Energy	: 15 June
Kabbalah and the Mind	: 19 October
Kabbalah and Vision	: 30 November

All workshops in 2013 will be in :

St Saviours Church, Eton Road, London NW3.

Teacher : The workshops will be with Andy Henry, who has been teaching Kabbalah since 2005. He has studied Kabbalah with Z'ev Ben Shimon Halevi and other teachers since 1995. He is a well established teacher and healer in the Eastern Traditions, running healing clinics and teaching groups in England, Spain and Portugal since 1990.

All workshops are from 10am to 5pm and cost £60 per day

Email : Treeofeastandwest@hotmail.co.uk
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