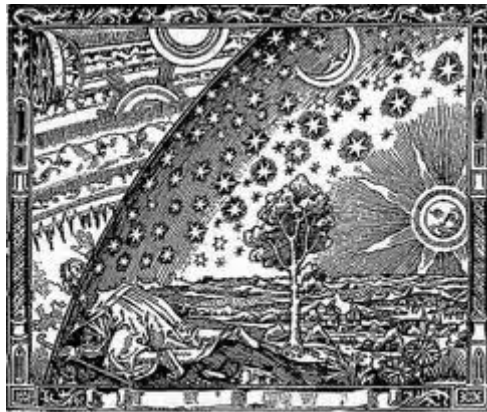


TREE OF EAST AND WEST



KABBALAH WORKSHOPS IN ENGLAND AND SPAIN

PROGRAM 2018

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 also a teacher and healer in the Healing, Spiritual and Martial Arts of China, running healing clinics and teaching groups in England, Spain and Portugal since 1990

UNITED KINGDOM :

KABBALAH AND THE BODY	18 MAR
KABBALAH AND THE HEART AND MIND	24 JUNE
KABBALAH AND VISION	07 OCT

Venue: Flat A, 30 Greencroft Gdns, London NW6

Nearest Tubes: Finchley Road.

Time: 1000-1700. **Cost:** £60/day

Enquiries to Andy Henry on 0207 794 6392

Email : treeofeastandwest@hotmail.co.uk

SPAIN (ASTURIAS) :

KABBALAH AND THE BODY	25 FEB
KABBALAH AND THE HEART AND MIND	21 JULY
KABBALAH AND VISION	25 NOV

Please contact Yolanda Mates at info.yolandamates@gmail.com

or on (+34) 630909787 www.kabbalahiberia.com

KABBALAH AND THE BODY

A 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.

UK : 18 MARCH

SPAIN : 25 FEB

KABBALAH AND THE HEART AND MIND

A workshop on our Heart and Mind. With the Tree of Compassion we work on our experience of Energy and Structure, its connection to the Way of Devotion, the development of Compassion and their relationship to the Tree of Life. Different exercises and meditations will be used to research this path developing the experience of the flow of grace from above and how it comes out in the world.

We will also study the Tree of Awareness 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.

UK : 24 JUNE

SPAIN : 21 JULY

KABBALAH AND VISION

A workshop on the experience of our vision externally and internally. Firstly exercises will be taught to help understand how the perception of our environment is intimately entwined with our Fate(the condition we came into this world with). Then guided internal meditations help us to develop our internal vision bringing us more into contact with the upper worlds. With practise we can stabilise these experiences gradually harmonising both the internal and external vision. This in turn can help develop our vision of our potential Destiny.

UK : 07 OCTOBER

SPAIN : 25 NOVEMBER

Enquiries for the UK to Andy Henry on 0207 794 6392

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