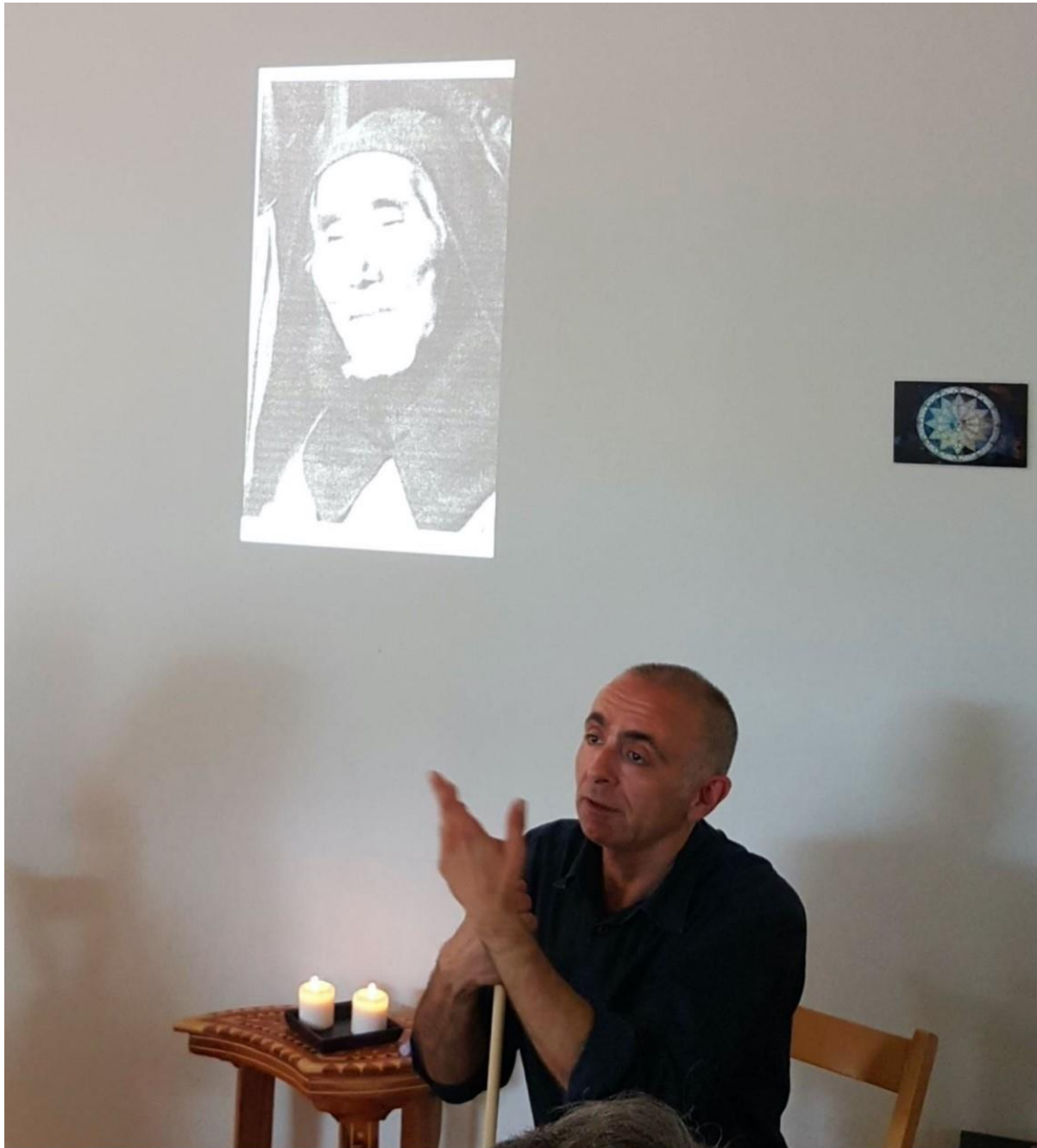


## Kabbalah and our Body – 18th February 2023



The first workshop of the year will look at the body and the Way of Action, its relationship to the Tree of Life and the psyche (the Yetziratic Tree). In the morning session physical exercises and meditations will be practised to investigate the body and its relationship to the Four Elements of Earth, Water, Air and Fire. In the afternoon session we will continue to work with and unify these more within us so that we can deepen our experience of the Four Worlds and hence receive more the influx of the upper worlds.

**Teacher:** The workshop will be with Andy Henry, who has been teaching Kabbalah since 2005. He has studied Kabbalah with the late Z'ev Ben Shimon Halevi and other teachers

since 1995. He is also a well established teacher and healer in the Eastern Traditions, running healing clinics and teaching groups in England, Spain and Portugal since 1990. The workshop will be in English with Spanish translation.

**Venue: Online via Zoom**

**Time:**

**Morning session: 10:30–12:00 (UK time)** The morning session will be open from 10:00. Please aim to join the session before 10:15 so that Andy can begin on time.

**Afternoon session: 14:00-15:30 (UK time)** The afternoon session will be open from 13:45. Please aim to join then so that Andy can begin on time.

**Donation:** The workshop is offered free to support those in financial difficulties. However, if you would like to make a donation that would be greatly appreciated.

**Booking:** Please book your place with Amyas on [taijiwuxigonglondon1@gmail.com](mailto:taijiwuxigonglondon1@gmail.com)

**Please note:** all admin related queries should go to Amyas at [taijiwuxigonglondon1@gmail.com](mailto:taijiwuxigonglondon1@gmail.com). For queries about study, experiences or practise please email Andy at [taijiwuxigong@hotmail.com](mailto:taijiwuxigong@hotmail.com).

