

## Kabbalah and our Heart – 29th July



In this workshop we will look at the Kabbalistic tradition and our Heart. 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.

**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).

