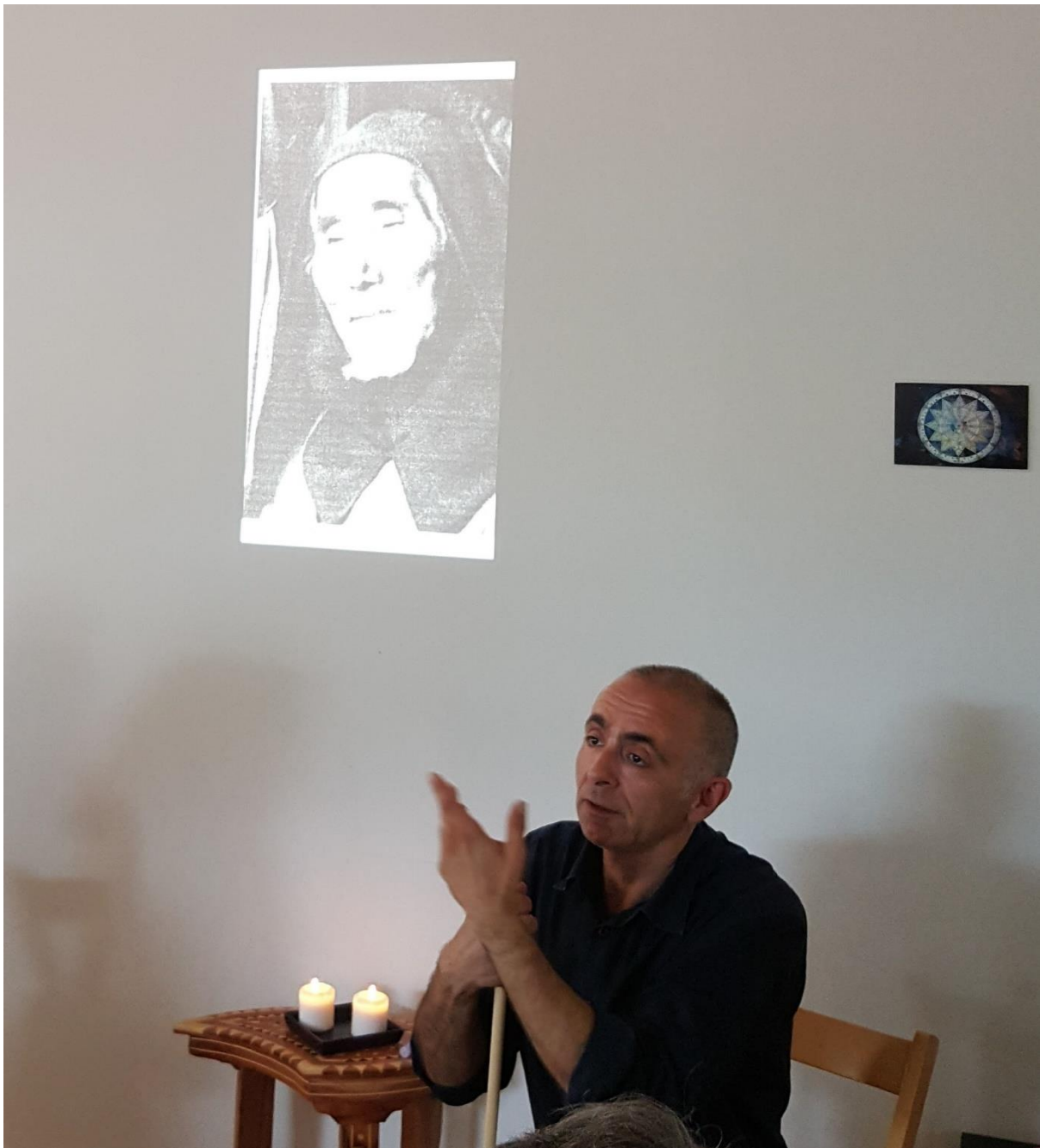


KABBALAH: A PRACTISE FOR OUR BODY AND HEART



Saturday 18th July

An online workshop for our Body and our Heart, their 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 the Way of Action and unify these Four Elements more within us we can deepen our experience of the Four Worlds and hence receive more the influx of the upper worlds. We will also study the Tree of Compassion and 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 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.

The workshop will be in English with Spanish translation.

Venue: Online via Zoom

Time: Morning session: 10:30–12:00 Afternoon session: 14:00-15:30 (UK time)

The morning session will be open from 10:00. Please aim to join the session before 10:30 so that Andy can begin on time. The afternoon session will be open from 13:45. Please aim to join before 14:00 so that Andy can begin on time.

The workshop is offered free to support those financially impacted by the pandemic. However, if you would like to make a donation that would be greatly appreciated.

Please note: from now on all admin related queries should go to Amyas at taijiwuxigonglondon1@gmail.com. For queries about study, experiences or practise please email Andy at taijiwuxigong@hotmail.com.

