

## David Allen & Steve Hoffmann August 2009 Workshops

### Meridian Flexibility & Meridian Psychology Levels 1 & 2

The Healing Room in Los Altos Hills, CA



**Level 1 9AM – Noon      Offered on Aug 15<sup>th</sup> and Aug 29<sup>th</sup>      \$50**

Flexibility technology has progressed significantly in the last decade. Although many systems imply that simply elongating a muscle is enough to stretch it, this workshop will teach you new techniques that can create rapid flexibility gains after just a few minutes of stretching!

In this workshop you will learn about the 16 energy meridians and their corresponding muscle groups, movement patterns, and personality types. Learn how 16 simple stretches can make you sexier, smarter, serene, more creative, more loving and improve nearly every aspect of your life. We will teach you the four interfaces into reality and which one(s) you live with most of the time. Together we will experience and learn about personality types, so everyone will come away knowing a little more about themselves, others, and how we all fit into the world.

**Level 2 1:30 PM – 5:30 PM      Offered on Aug 15<sup>th</sup> and Aug 29<sup>th</sup>      \$75**

In Level 1, you learned how to improve your flexibility and psychological aspects of yourself. In this workshop, we will show you how to turbocharge the process and get the results you want even faster than before!

With assisted stretching, it is possible to create dramatic changes using as few as three repetitions of an exercise. You will realize immediate benefits to your psychological, physical, emotional, and spiritual well-being. We will also delve deeper into our understanding of personality, explaining how our conscious and unconscious awareness is formed from the way we perceive our reality, and teach you about the exact nature of your relationships with every other type of person. You will receive a workshop binder packed with information.

Wear clothing comfortable for stretching, as you would when attending a yoga class. Bring a yoga mat if you have one.

*David and Steve have many years of experience working with healers, professionals, and athletes repairing muscles and other tissues, healing chronic medical conditions, and facilitating metaphysical restoration. E-mail or phone registration info / requests to*

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