

Greenlighting Your Wholeness

Weekend Workshop · Saturday and Sunday, September 20 & 21, 2014
Evening Sitting · Friday, September 19, 2014 · Olympia, Washington

Greenlighting is a fundamental concept and practice in Waking Down. When we greenlight ourselves we welcome all of who we are – the fullness of our humanity and the infinite expanse of our divinity.

This workshop includes opportunities for:

- Gazing
- Embodied meditation
- Small and large group work

Topics include:

- Welcoming and integrating your shadow parts and broken zones
- Greenlighting Consciousness
- Greenlighting your gifts and strengths
- Honoring and exploring resistance
- Greenlighting and embodiment
- Exploring when not to greenlight



SUSANNE WEST



GERI PORTNOY

workshop details

Saturday and Sunday,
SEPTEMBER 20-21, 2014
9:30am - 1:00pm, and
2:00pm - 5:30pm (both days)

\$250 (\$275 after Sept. 1st)
Limited to 14 students.
Reserve your space today!

Prerequisite
Attended a Waking Down event
or are currently working
with a Waking Down teacher.

sitting details

The sitting will include

- A dharma talk
- Guided Meditation
- Gazing
- Time for questions and sharing

FRIDAY, SEPTEMBER 19, 2014
7:00PM - 9:30PM · \$20
Limited to 14 people.
Reserve your space today!

All are welcome.
There are no prerequisites.

SUSANNE WEST began exploring Waking Down in the late 90's and has been teaching since 2011. Her spiritual roots go back to Swami Muktananda and the Siddha Yoga tradition, and to Buddhism; in particular Vajrayana (Tibetan) and Zen. In Waking Down she has discovered the richness of embodiment and integration and loves to help others in their awakening and integration process. Susanne is a Professor of Psychology at John F. Kennedy University and author of the book *Soul Care for Caregivers: How to Help Yourself While Helping Others*.

GERI PORTNOY is the founder of Yoga of Awakening. She holds a Master's degree in International Peace Studies from the University of Notre Dame, is a certified Hatha Yoga Teacher [RYT 500], a certified MELT instructor and a Waking Down in Mutuality teacher. Geri is an articulate, compassionate, dedicated teacher who creates a sacred space for the beautiful expansion and emergent awakening of her students. Her teaching helps people cultivate deep authenticity, radical freedom and vibrant aliveness in the midst of everyday living.

Once you sign up we will send you location information
For more information/to register contact Kirstin: kiventyr@gmail.com