

Beyond Negativity, Pain, & Fear

A Two-Part Workshop

With Charu Rachlis and Gary Battaglia

Saturday, May 12th & 19th, 4:30 – 7:30pm

By Donation* Please call to register at (415) 931-2639

These are chaotic times. Is there a way to find balance and equanimity in a world seemingly falling apart? In this two part workshop we will learn two powerful, yet simple, techniques for clearing the emotions developed by awakened teacher Leslie Temple-Thurston and introduced in her book The Marriage of Spirit. Based on ancient spiritual principles, the Polarities and Squares techniques help us to clear our limitations of negativity, anger, pain and fear and move into increasing states of balance, trust and equanimity.

This workshop will include:

- ∞ Presentation of the key principles of Polarities and Squares
- ∞ Hands-on practice with the techniques
- ∞ Helpful handouts to take home

Please call Gary at (415) 666-3255 for questions about this workshop.

*\$100 suggested minimum donation for the two days. (CASH or CHECKS made out to CoreLight only please) All proceeds go to CoreLight (www.corelight.org), a spiritual non-profit organization founded by Leslie Temple-Thurston and dedicated to inner and outer peace; based in Santa Fe, New Mexico.



Charu Rachlis:

Yoga and Meditation teacher since 1996; teaching locally and internationally; Masters Degree in Psychology from Brazil; 20 years of studying and practicing meditation; Graduated Teacher Training in studies of the perennial teachings of non-duality and enlightenment with spiritual teacher Leslie Temple-Thurston.

Gary Battaglia:

Gary is a spiritual teacher, mentor, and an ordained minister with Corelight. He teaches classes on self-discovery and spirituality and offers spiritual guidance/counseling and meditation instruction by phone, on Skype, or at his home in San Francisco. View complete bio at embracingoneness.wordpress.com



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