



WORKSHOP

FUNDRAISER: BEYOND NEGATIVITY, PAIN, AND FEAR

with Charu Rachlis &
Gary Battaglia



**Saturday & Sunday,
August 25th & 26th, 1:15-4:15pm**

Suggested Donation of \$100

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.

All proceeds go to Seeds of Light (www.seedsoflight.org), the humanitarian arm of 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. Specifically, these funds are targeted to go to building the first phase of the new Ekurhuleni (place of peace) Center for Orphans and Vulnerable Children in the community of Acornhoek, South Africa.



Charu Rachlis was born and raised in Brazil, has a degree in Psychology, and over 20 years practicing/studying meditation, non-duality, and human consciousness. She is strongly influenced by Iyengar and Asthanga Yoga Schools. She has taught yoga in San Francisco since 1997, and teaches for the Yoga Journal staff. yoginicharu.com

Gary Battaglia 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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