



PRIMAL RHYTHMS OF LIFE

A Transformational Journey to the Source of Health and Well-Being.

with: **Marcia Calisman**

When: *Sunday, February 12th, 2012. From 1:00 -4:00pm.*

Where: *Riverdog Yoga. 954 Middlesex Turnpike (Rte 154), Old Saybrook. CT 06475.*

Are you aware of the Craniosacral Rhythms in your body? Most of us not! The Craniosacral Rhythm at the core of the body is the primary rhythmic motion expressed in every cell and tissue in the body, beginning from the moment of conception and continues throughout life. This rhythmic pulsation in its ebb and flow carries the blue print of health and well-being.

You are invited to experience and listen to the subtle rhythms in your body. Become aware of this primary healing core energy and its benefits, activate this energy in your daily life. Guided by the shamanic drumming, beating at the same rhythm of mother's heart, you will be journeying to the early period of life in the womb, sinking deep and awakening cellular memories, experiencing healing in a deep level. Reconnect to your innate source of health and well-being. Remember who you are!!!

This journey is for everyone and no previous experience. We will be introducing Craniosacral Therapy using, gentle hands on healing, movement, drumming and meditation. Healing Arts Practitioners are welcome.

Cost: **\$35** *After February 5th* **\$45** *Pre Registration is required to save your spot.*

Please come with comfortable clothes, a pillow, a blanket, yoga mat and a journal. For registration and information please contact: Riverdog Yoga, Tel: 860-388-1807, info@riverdogyoga.com.

Marcia contact: 203.300.6457 marcialcalisman@yahoo.com.

About the Facilitator:

Marcia Calisman was born and raised in Brazil and had been traveled around the world in her quest of healing and self growth, having an extensive background in the healing arts and spiritual traditions. She is a gifted Energy Healing Practitioner and her work combines Craniosacral Therapy, Polarity, Massage, Shamanic Practices, Movement and Arts. She has been facilitating workshops, journeys, women's circle, and retreats in USA, Israel and Brazil. She works with all ages from pre-conception, from birth to late adulthood and also with women during pregnancy. Her work is creative and authentic, weaving the ancient and modern of the healing arts, celebrating the joy of life, co-creating, awakening the dynamic flow of energy that brings balance, healing and healthier ways of being in the world. Marcia is married and is a mother of 3 children.