

# SEA of CHI

## DATES

October 14-16, 2011

## SCHEDULE

10/14: 6:00-8:30 pm

10/15: 9:00-11:30 am  
2:00-4:30 pm

10/16: noon-2:30 pm

## ADDRESS

IWKI  
865 E 500 S, SLC, UT

## CONTACT

Charlotte Bell  
801-355-2617  
charlottebell  
@earthlink.net

## TUITION

\$220 after 9/15/11

## EARLY BIRD

\$200 by 9/15/11

## SINGLE CLASSES

\$60 each

Space will be reserved first  
for full-weekend registrants.

## TO REGISTER:

Send a check made payable  
to Charlotte Bell to: 981  
Lincoln St., SLC, UT 84105  
Please include your email  
and phone info.

Space is limited. Register  
early!

## ENERGY MERIDIANS AND YOGA

### Ebb & Flow with Energy

There's a lot of energy in the belly. It's the center, the middle, the base from where we move in, out and around.

In Chinese classics, this is an extraordinary place to access Chi. Taoists call it the "elixir field," the birthplace of immortality, the fertile spot to cultivate strength and vitality. As the navel connects Mother to child and is the reservoir of life force, the "Sea of Chi" in our belly is a source of deep power, the root of intuition.

Learning to balance your energetic and physical bodies nurtures and sustains your inner harmony—in and out, front and back, empty and full, Yin and Yang.

Connecting to a vibrant and personalized wholeness awakens body intelligence. Moving mindfully stimulates physical, emotional and spiritual vitality, uncovering abundant energy.



In her teaching, Cora unifies breath, movement and relaxation to encourage, exhilarate and enliven the spirit! You will awaken the belly to discover a *Sea of Chi*.



**Cora Wen** has taught Yoga since 1994 and apprenticed with America's most influential teachers. She blends safe Iyengar alignment into a playful, active and flowing style.

ERYT500 Yoga Alliance  
CYT Int'l Assoc. of Yoga Therapists

[www.corawen.com](http://www.corawen.com)

**CANCELLATION POLICY:** Cancellation before September 15, 2011, will be refunded minus a \$25.00 administrative fee. Cancellations after September 15 will only be refunded if your place can be filled.