

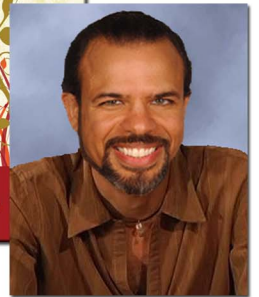
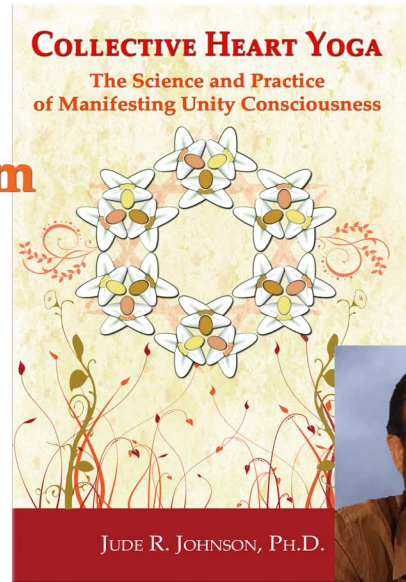
COLLECTIVE HEART YOGA

Love, Connect, and Heal the Planet

Fri, Feb 10th; 7-10pm
4140 Lybyer, Coconut Grove, FL
suggested donation \$20

“The practice of Collective Heart Yoga is like setting off a Love Atom Bomb!” Harold M. San Fransisco, CA

“Collective Heart Yoga is the Tantra of the Future, now!”
Goswami Sunyata Saraswati, Author of *The Jewel in the Lotus*.



Facilitated by
Jude R. Johnson, Ph.D.

COLLECTIVE HEART POWER

Remember the feeling of truly being in your heart? Now Imagine the power of an entire room, not just in their own hearts, but in an exponentially amplified, SHARED heart space. Collective Heart Yoga accomplishes just this using very powerful, esoteric, Chi Kung and non-sexual Kriya tantric techniques from China, India and Tibet.

We come together to create a new, more complex organism by first, entraining our brains into a COLLECTIVE THETA STATE. Then we synchronize our nervous systems through a very powerful, synchronized tantric cobra breath done back to back in sacred geometry.

As we are galvanized into new collective conscious, our hearts are opened wider and wider until a COLLECTIVE HEART CHAKRA is recognized from the smaller individual heart chakras.

From this very powerful Collective Heart Chakra, we MANIFEST Unity Consciousness for the healing of the planet.

SACRED ACTIVISM

CHY is deeply rooted in Sacred Activism. Yoga is the perfect vehicle for channeling a powerful collective intent for healing. Using our practice to heal what's around us switches our perspective from one of VICTIM to one of PARTICIPANT... not a bad point of view to have in these times!

www.CollectiveHeartYoga.org