

R A D I A N C E CONSCIOUS BREATHING (L I F E S T R E A M MOVEMENT)

"If you cannot find it in your own body, you will not find it elsewhere." - The Upanishads

"You don't have to be sick to get better." - Fritz Perls

Do you want to feel safe? Is anxiety a serious problem for you? Or do you just want to be able to feel wonderfully vibrant from the inside o u t ?

If you want to feel good and safe in your own body again; gain the keys to dissolve your own stress; evoke a felt flow of vital calmness and energized well-being inside yourself; and be able to reliably and swiftly **shift** out of worry, distraction and *anxiety* and into ease, calm, and a focused attention,... learn this **15-MINUTE** pivotal practice as powerful as any yoga. The daily, delicious Radiance Breathing/Lifestream Movement practice not only feels really *really* good while you're doing it, but can be felt throughout the day. You will only need to come to two classes to have what it takes to master a practice that will provide sanctuary and open up a sense of non-reactive spaciousness in your body and mind. Practice it regularly and you recondition and transform the nervous system, enhance productivity, eliminate most cases of chronic back pain, and bring a palpable relief, safety, centeredness, and sense of peace and fulfillment that will dramatically benefit your emotional, mental and physical health and well-being.

By appointment

Cost: \$70/one-on-one class (**includes the wonderful guided Radiance audiotape** for you to bring home and practice with)

Location: West Mt. Airy, near Chestnut Hill
(15 minutes from both Center City and Narberth)

R E L A T I O N - S H I F T

FOR INFORMATION OR TO REGISTER, CALL MARCUS, AT 215-438-9839