

WHOLE-BODY HEALTH AND HAPPINESS

TWO PRACTICAL WORKSHOPS EXPLORING—

Self-Healing, Transformation, and the Integration of Body, Mind and Spirit

with Integrative Healer, Chinese-Medicine Practitioner, Therapist and Yogi

Keyvan Golestaneh, M.A.

Beyond East and West = the Whole: Total Psychophysical Health

A new approach to integrative health and happiness unites Western psychological and scientific insight with Eastern spiritual and awareness practices in the service of human evolutionary potential—offering a path to radical healing (beyond mere absence of dis-ease) and emotional freedom. Together we'll confront the “primal wound,” the primary obstacle to opening up to the Life Force and achieving true wholeness.

• **Sunday, 9 Sept., 9 -17:30 h**

RED EARTH CENTRE

235 R. La Fayette/Paris/code A153B

120€ or 90€ in advance

email:

Lapis-Holistic@comcast.net

**Info: 0610897604
& 0140384052**

The Keys to Health and Happiness: Moving Beyond Dis-ease Naturally

We learn to unlock the body's self-healing powers and awaken our potential by freeing ourselves from stress, developing an individualized diet, engaging in conscious exercise (such as yoga and Qi Gong) and—most importantly—uniting all these elements with Awareness practices.

• **Sunday, 16 Sept., 9 -17:30 h**

“Your workshop was a delightful gift to me . . . you simplify everything . . . I have been trying to figure out for years.” — Diane D.

*“I recommend Keyvan to everyone looking to resolve health problems . . . [and] enjoy greater vitality and happiness.” — J. Cornbleet
Author, Educator and Chef*

Keyvan Golestaneh is a natural medical practitioner, healer and scholar based in California, U.S. He is a Master-level yoga teacher who has studied yogic traditions and meditation for 30 years; a psychotherapist and Structural Body Therapist; Degree in Anthropology, and a practitioner of Chinese Medicine, acupuncture and Jin Shin Do. He is the director of the Conscious Health Institute.

www.LapisHolisticHealth.com www.ConsciousHealthInstitute.org

