

ONE DAY RETREAT

KAI CHI DO, BREATHWORK, LECTURE AND DISCUSSION

RAISE YOUR VIBRATION

Discover Kai Chi Do's Energy Liberating Process

A day of identifying, exploring and releasing energetic blocks that create emotional and physical consequences.

Kai Chi Do combines movement, breath, music and meditation to dissolve resistance and allow Life Energy to flow freely.

"There is a force within that gives you life, Seek that!"

~ Rumi

SATURDAY, SEPTEMBER 26, 2015

9 AM-6 PM BRING YOUR OWN LUNCH

PROGRAM FEE: \$125

WWW.KAICHIDO.COM OR CALL 800-272-4311

UNITY CHURCH
6168 1ST AVENUE NORTH
ST PETERSBURG, FLORIDA

Charles Robinson is the founder of Kai Chi Do. He holds a Bachelor's degree in psychology and a Master's degree in Education from Seton Hall University. Charles' purpose, in his work and in his life, is to help people to experience their Connection to Source, Self, and Others.

The basic movements of Kai Chi Do are simple and repetitive. They can be done sitting or standing, by people at any level of fitness.

You may wish to bring a yoga mat to this event.

Contact: Susan@kaichido.com
www.kaichido.com

