

Annual Kabbalah Spirituality Day

30th May 2010

10am - 3pm , Woollahra



The Program

Time	Session	Presenter
10:00 am	Registration & Music	Nadav Kahn & Anna Hirst
10:15 am	Sefirot (chakra) Yoga	Alla Melman
	Story Telling - How to be Divinely Human	Donna Jacobs Sife
	Self Awareness and the Eneagram	Immanuel Suttner
11:15 am	Kabbalah Sound Healing	Judy Kater & Orna Triguboff
	Kabbalah Tai Chi: Awakening Spinning Wheels	Gad Levy-Golan
	Seated Massage Workshop	Nathan Jacobs
12:15 pm	Lunch	
1:15 pm	Meditation on the Lotus of the Heart	Ian Mansell
	Angel-Human Connection: text study	Orna Triguboff
	Inner Child, Mother Letters and Art	Sande Bruch
	Closing meditation, Chanting and Chai Gung movement	Nadav Kahn & Ben-Zion Weiss

Bookings & Information: info@neshamalife.org

Prices: \$30 early bird / \$40 at the door

Presented by
Neshama Life



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