

# Dancing Meridians/Clearing Clouds

An Intentional Moving Meditation Series

With Jyoti SaeUn

Dancing Meridians, through its positive intentional themes, makes a connection with your highest qualities as you follow the natural rhythm of Chi through your body. In this moving meditation, stagnation begins to clear, allowing your natural positive energy to emerge.

In each class, the third Tuesday of the month, we will honor a different meridian pair and the corresponding themes. Through mini sessions with Jyoti, you will discover how the wisdom of your body/soul reveals the 'clouds' that arise to clear in support of these qualities.

## Save these dates:

18 January	Bladder/Kidney	Courage and Freedom
15 February	Circulation/Sex and Triple Warmer	Bonding and Trust
15 March	Gall Bladder/Liver	Creativity and Sovereignty
19 April	Lung/Large Intestine	Giving /Receiving and Release
17 May	Stomach/Spleen-Pancreas	Nurturing and Self Esteem
21 June	Heart/Small Intestine	Love and Self-Acceptance

Daily practice of this moving meditation through all the meridians allows for an elevated flow of energy and a profound sense of one's own sovereign self. Meridian drawings showing positive intentional themes and directional flow are included for support.

**A monthly series at East Bay Healing Collective  
1840 Alcatraz in Berkeley  
near Ashby BART (east of Adeline)**

**Third Tuesday of each month**

**5:30 – 7:15 pm**

**\$20 payable at the door**

**RSVP to Jyoti 510 923 9057 or 510 421 5785 | [www.dancingmeridians.com](http://www.dancingmeridians.com)**

