

PRAJNA WISDOM CENTRE
PRESENTS

KUNDALINI YOGA & ART

IMMERSIVE WORKSHOP

by Cynthia Gonzalez

Date: **Oct 4th – 7th 2019**

Bangalore, India



Meditative states allow true seeing and a direct knowing of our ultimate nature. Kundalini yoga and Cynthia's curated Creative Response Therapy™ will take participants into such expanded states of consciousness, beginning with morning yoga and then followed with spontaneous painting, clay or mandalas and a variety of integrative psycho-spiritual exercises. What is most calling for healing, will be met with guidance from within, as well as from the greater field of wisdom the group will create collectively.

KEY TAKEAWAYS FROM THE WORKSHOP:

- Learn simple yoga postures that can be made part of daily life
- Breathing exercises to enhance overall wellbeing
- Art therapy to allow dialogue with one's deepest self
- Meditations

INFO & REGISTRATION

Email: pragya@thehealingcircle.in

Tel: +91 7899917213 / 9449817130

ABOUT CYNTHA GONZALEZ:

Cyntha is a transpersonal counselor and coach, somatic bodyworker, Kundalini Yoga instructor, sacred sexuality facilitator and expressive arts trainer (and a few other roles). She first created Creative Response Therapy™ or CRT™ 30 years ago in Paris, France, teaching private classes and training medical professionals, alongside workshops in other psycho-spiritual modalities. Life led her to Dubai, UAE in 1998, where she is currently based and continues to teach international workshops and trainings.

Cyntha has been a longtime yoga practitioner and upon discovering Kundalini Yoga, she found its focus on healing the subconscious mind and upgrading the brain chemistry through physical postures, mantra, meditation and breath, as perfectly compatible with her long experience in experiential modalities within the transpersonal and spiritual psychology fields.

<https://www.cynthagonzalez.com>

<http://www.creativeresponsetherapy.com>

DAILY SCHEDULE:

7:00 - 8:30am	Yoga
8:30 - 9:30am	Breakfast and break
9:30am - 12:30pm	Art activity
1:00 – 3:00pm	Lunch and break
3:00 – 5:00pm	Integration activity which could include another art activity, writing exercises, chanting or a psycho-spiritual exercise.

Each group is a living entity that reveals what it needs moment to moment. Cyntha's role as teacher and facilitator is to stay open and attentive to the group's subtle and sometimes not so subtle requests! This may lead to a change in the schedule to honor the group's authenticity.

Cyntha will be available daily for private paid sessions, after the day's activities.

FEE:

21,000 – 25,000 INR

Please pay within the above scale based on affordability. When you pay more you will be supporting those who need a partial scholarship for the workshop.

Fee includes all course and art material, simple nutritious vegetarian meals and snacks during the workshop timings.

Fee does not include:

- personal sessions with Cyntha
- accommodation and travel

ACCOMMODATION:

This is a non-residential program. For any attendees coming from afar, we will send a list of accommodations nearby. Accommodation is at extra cost and can be settled directly with the hotel.

VENUE:

Prajna Wisdom Centre
LG Lakedew, Bilishivale, Near SSR College Doddagubbi post, Hennur
Bangalore 560077. India

Warm regards

PRAJNA TEAM

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