

## Fall Study Circles

Held at Your Yoga Studio  
5205 54 St.

Contact Robin McKay, Energy Effects  
Facilitator for Study Groups  
(403) 343 7899  
[www.energyeffects.ca](http://www.energyeffects.ca)

All sessions run 10:30 – 11:45



*Jin Shin Jyutsu®*  
*Physiophilosophy*  
*Self Help Practice*

The Art of Jin Shin Jyutsu is both gentle and cumulative, leading to more profound results when practiced on a regular and consistent basis. Joining the study group will give you develop an understanding, and the habit of daily practice to help balance Body, Mind, and Spirit.

Drop in sessions \$15.

Series of three Self-Help books - \$15/book

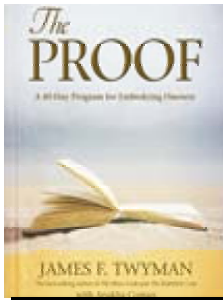
Dates: October 16

November 13

December 11

No previous experience is necessary

*The Proof* by James Twyman



Our oneness is real, it can be proven, and, with practice, we can learn to tap in to the realm of spirit we all share. Together, we study and practice the lessons in James Twyman's book about *embodying oneness*.

Drop in sessions \$15

Dates: October 2

November 13

December 4

Books to be purchased separately

Receive \$2 off by purchasing book from Wholistix

*Why not combine these groups with a Saturday morning Yoga experience?*