



BREATH of LIGHT



Student Protocol

Please arrive on time each session or early if possible; meditate in preparation... notice your feelings, breath and heart.

Please eat light (for your session and life in general).

Please wear loose, comfortable 'yoga-style' clothing, thin natural fabrics work best.

Please avoid wearing perfumes, strong scents, eye makeup etc. Please trim finger nails.

Please turn cell phones off.

Please give yourself integration time, it is recommended to meditate, relax, and nurture yourself following your training session if possible. You deserve it! This work continues to deepen and evolve in a natural integration.

If possible please avoid drugs and alcohol, including processed sugars, coffee, and unnecessary medications prior to and well after the workshop.

Intensions are wonderful to share and contemplate, yet know that Spirit has a way of knowing our Soul's intentions more deeply than our conscious minds.

Take nothing personally, be kind and patient with yourself. Be prepared to let go of all outside issues and focus on going within.

Allow spaciousness within to enjoy learning something new with a beginner's mind. Learn with a sense of wonder, joy and ease.

Please know that you are beloved, whole and perfect.