

**Delphi University**  
Energy Healing | Spiritual Studies

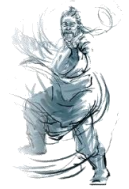


## Connecting With Spirit Weekend

**May 3-5, 2024**

### **MICRO COSMIC ORBIT AND THE LIGHTBODY** **Saturday Morning Workshop**

In this Chi Kung class we will learn the technique for activating the "Micro cosmic orbit in the body. Through breathing, visualization and gentle movement we will learn to circulate our prana [or vital life force] through the entire energy system of our body by enlivening our psychic channels and rejuvenate our blood, chi and internal organs. We will explore the Tibetan energy system based on the interface of spiritual and physical anatomy. The Micro Cosmic Orbit is easy to do but does take concentration. It serves us by building great strength in the nervous system and can be practiced for a lifetime. *It is my wish that through your own efforts you gain a deeper understanding of how to cultivate your own energy system and raise your frequency.*



### **SOUND HEALING & THE CLEANSING OF THE CHAKRAS** **Saturday Evening Workshop**

In this class we will unblock & circulate energy through the seven chakras of the body using Crystal Bowl Sound therapy, breathing & deep relaxation. We will learn how the chakras relate to the elements around us & how to consciously open each chakra enabling us to circulate the vital prana life force in the body, have more vitality & feel balanced in our emotional body.

DATE	TIME	EVENT	WHERE
Friday, May 3	7:30pm	Healing Sessions	Temple of Healing (please wear white)
Saturday, May 4	10:00am-1:00pm	Micro Cosmic Orbit \$75	Temple of Healing Instructor: Taras Fulco
	7:00pm-9pm	Sound Healing / Chakras Cleanse \$25	
Sunday, May 5	10:30	Spiritual Service	Temple of Wisdom

**PLEASE PRE-REGISTER WITH DELPHI UNIVERSITY**  
Toll Free 1-888-335-7448  
Local 706-492-2772