

Yogic Breathing & Meditation Workshop

Wednesday, December 27, 2017

The Salt Cave and Spa 6705 Pocahontas Trail, W.S.S., WV

www.thesaltcaveandspa.com



Joti Gore, Osteopath, Senior Lecturer, Singer/Songwriter

www.jotimusic.com

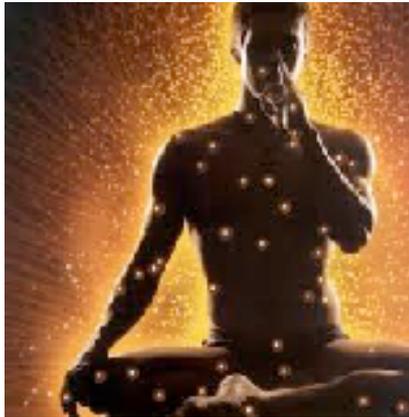
Come experience this relaxing 90 minute yogic breathing techniques and meditation in the Salt Cave for stress reduction, pain reduction, inflammation reduction, and much more. During this workshop International touring, Joti will cover many breathing techniques that can be done anywhere and is for everyone. He will also lead a guided relaxation meditation. Dharma Khalsa Singh has researched over 25 years these ancient technique to show the science of how it works. He will share some of this fascinating information. Feel the pure joy, bliss, and peace as Joti performs with the Zenko's and frequencies that will lift the spirit make the heart sing.

Space is limited so call to book today: + 1 304-536-2222

- \$40 for the 90 minute Yogic Breathing & Meditation Workshop

(Sessions Available at 10 a.m., 12 p.m., 2 p.m., and 4 p.m.)

- Concert of Sound Only \$25 for the 6 p.m.
- \$50 for Concert of Sound, and Yogic Breathing & Meditation Workshop Package



Additional Information:What happens during each phase of the breathing and meditation as medicine?

- **At 3 minutes, There is an increase in blood circulation, distributing enhanced endocrine secretions throughout the body**
- **At 7 minutes, The brain patterns begin to shift from static beta waves to calmer alpha waves and ultimately deep relaxing delta waves. At the same time the magnetic energy field around the entire body increase in strength.**
- **At 11 minutes, The parasympathetic and sympathetic nervous systems begin to accommodate for increased energy.**
- **At 22 minutes, Anxiety-producing thoughts in the subconscious mind start to subside and clear.**
- **At 31 minutes, Endocrinological balance is achieved and all chakras balance in the etheric or subtle body. The balance of body, mind, and spirit is maintained ALL DAY and is recognizable and first indicated by a change in mood and behavior.**

Session & Concert additional information and FAQ?

What do I need to do to get the most out of my session?

Arrive on an empty stomach or eat 2 hours prior to treatment. Come to the session with no expectations and open to experiencing a calming, peaceful journey from the moment you enter the door.

What should I wear? Wear comfortable loose fitting clothes and wear what makes you feel good.

How will I sit if I have injuries or am not able to walk well? Your comfort is our pleasure. We will work to get you as comfortable as possible.

What happens if I fall asleep does it still work? If you find yourself drifting off to sleep allow it to happen. Each persons experience is different allow yourself to simply breath the experience without judgement, attachment to what you think you should or should not do and just breath the experience.

Can I still do this if I am a Christian or not a Christian or if I am a?

This experience is for “EVERY”BODY or “ANY”BODY....To do yoga, breath, or meditate does not connect you to any religion, or any way of being. The whole experience comes from a place of non-judgement and complete acceptance.

What if I have to leave early can I only do part of the session? It is important that you experience the entire session and if you need to leave we highly suggest booking into another session that is the right time for you to invest 90 minutes of time to yourself without distractions.

Some benefits are: Mental Clarity, Stress Reduction, Pain Management, Reduces Inflammation, Emotional Balancing, Alleviates Anxiety, Helps with the Respiratory Ailments, Cardiac Benefits, Relaxation, Strengthens the immune system, and Reduces Tension.

This is a concert of sound vibration and frequency music through zenko's and voice. Gore recently released "All We Need is Love" which he sings in the new Dalai Lama movie, and Song of Love in an upcoming video. You will feel each part of your body vibrating in beautiful waves of energy in the bio-resonance of the earth. It is believed in studies of sound, colour therapy, crystal therapy the body has frequencies and these frequencies can be enhanced to bring balance of mind, body, and spirit while bringing restoration and healing emotionally, physically, mentally, and spiritually. www.jotimusic.com