

# Give your mind & spirit a holiday - a blissful *meditation* holiday.

The *Neshamah* Enlightenment Holiday will be led by Kevin Farrow. Kevin has practised and studied meditation for over 35 years. He has taught for 12 years, bringing a new practical experience of meditation to thousands of people. His published writings, meditation CD's and teachings have brought him worldwide recognition as a very unique meditation teacher. He currently teaches in Australia, India and Europe. Kevin is also the founder of the AcuEnergetics® healing modality.

The *Neshamah* Enlightenment Holiday will run over four days on the Anzac long weekend from Friday 23rd April - Monday 26th April 2010, from 10am-4pm everyday and costs \$995. Places are limited. Call AcuEnergetics® on 02 9818 1522 to book your place now.



Kevin Farrow



The AcuEnergetics School

[www.acuenergetics.com](http://www.acuenergetics.com)

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# *Neshamah* Enlightenment Holiday



The Ultimate Meditation Experience

Long Weekend 23rd - 26th April, 10am - 4pm in Balmain



## Learn to open the light body and experience pure consciousness.

*Neshamah* literally means the breath of God - the true higher consciousness. In this four day holiday into meditation, we will progress from meditations of stillness and happiness through to ancient practises in opening the light body.

You will develop practical skills to still the mind, open the heart and light body and experience the divine state of oneness. These meditations help to relax the tension in the mind, which connects directly to the physical body through the energetic system. This means it is possible to help ease aches and pains and promote good health and wellbeing through opening up these powerful energetic centres. The meditations also promote emotional stability and create a deep sense of happiness.

Although meditation is not uncommon, these unique and very tangible *light body* meditations are the only ones of their kind currently being taught anywhere in the world. Don't miss out on this amazing experience to improve your physical, emotional and spiritual well being.

The *Neshamah* 'Enlightenment Holiday' is open to both beginner and advanced meditators.

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