

Event at Albany Body & Mind Health  
95 Lockyer Avenue

# TIBETAN PULSING

Inner Light and Strength

Sun 22 May 10 - 6pm

Meditative Energy Rituals  
for Women and Men

Again and again heart beat by heart beat  
the pulse assists us in being here now

10:00 Door opens  
10:20 - 18:00  
incl 1.5hr break

This events focuses on activating immunity, overcoming fear and strengthening the system by flooding it with your own light. Contact us if you have any questions.

REGISTRATION  
& PAYMENT

You'll need to register by sms, email or contact form  
Price: \$180 Pay online through our website or at the door in cash.

Adima & Sudeva Hawkes are practicing and teaching Tibetan Pulsing since the mid 90s in Europe, India and Australia. Over the last decade they integrated it in Trauma Therapy. Sessions available.



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LIGHTPATH TRANSFORMATION  
Spirituality Therapy Healing

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