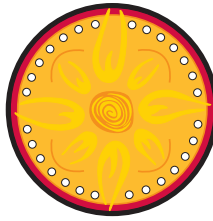


# Studio Soma



## MAY EVENTS

### **Wednesday, May 5th: Sound Healing Meditation w/ Matthew Kocel**

7:30 - 9 pm \$15

As always, this is SUCH A TREAT!!! Come float in the primordial sound current. Immersed in sacred sound, your body relaxes and the mind can let go. Matthew Kocel is a throat singer and sound healer inspired by the Tibetan and Tuvan traditions. By blending the pure tones of Tibetan and crystal singing bowls, harmonium and his own amazing vocal harmonics, Matthew creates a safe and grounded, sacred sound-space which expands the heart and consciousness. He has been sharing visionary sound meditations across North America for 12 years. A member of Canada's One Voice Harmonic Choir, he currently resides in Vancouver, BC.

Visit: [www.OmShaman.com](http://www.OmShaman.com)

### **Sunday, May 9th: Mother's Day at Studio Soma**

This is a day worth celebrating for so many reasons... I couldn't decide HOW to celebrate. So I just decided we'd do ALL of them! :)

Join us for our **morning classes** for a sip into day and the infinite celebration of momma in all of her glorious forms. **Morning Practice at 9 am** for a gentle yogic beginning and **Soma Movement Journey at 10:15 am** for a spirited dive in! If you are so moved, bring something to charge and be charged by our Mother's Day altar.

**Trunk Show with Autumn Teney!!!!** That's right... all those super yummy clothes are coming for a visit! Just this one day this time... the perfect little splurge for mom (that may be you). Autumn's clothing has been a dancing staple for many years: flowing pants, sassy skirts... all stuff that works equally well sweating on the dance floor or out on the town. **9 am - 4 pm. Visit: [www.autumnteney.com](http://www.autumnteney.com)**

**Community Potluck ~ Mother's Day Brunch! (12 - 2 pm)** What can I say? This is just way better than going out. Bring something delicious! And we will revel in each other!

**Kid's JourneyPlay w/ Jessica (1 - 2 pm)** So kids can be kids. We'll dance and play and celebrate 'mom'. Mommas and Papas can play along or feel free to mingle, shop and eat while we do our thing! **free of charge (donations accepted)**

### **Take a Journey w/ Rutherford Maule and Jessica Morningstar Wolf (5 - 7 pm)**

Yes... it's happening again! And what a SUPER SWEET TREAT this was/is/will be! You are delightfully invited to join Jessica and Rutherford on their encore voyage together as they merge their two worlds of healing expression in a collaborative work called "The Journey". The Journey will start with several healing practices which include breath, movement, kundalini yoga and guided meditation, ultimately dislodging the pranic energies lying dormant in the physical body. Through dance, these awakened energies are allowed their full expression to play joyfully in the mystical world of conscious and archetypal movement.

The Journey's completion guides you through a deep restorative relaxation and meditation, allowing your inner awakening and outer expression to merge. A pure, joyful and blissful experience arises as you rest into the delicious stillness of your own essence. **\$15 - \$20 suggested.**

### **Tuesday, May 11th: Dancing the Transformational Sky Transits of 2010**

w/ Astrologer/Musician/Artist ~ VerDarLuz ~ 8 - 10pm \$15 - \$20

In this workshop, we will use both movement and lecture to explore the astrological elements of this year 2010 (not 2012) as the trigger-point for our collective evolution. We will dance the powerful forces in the sky including the Saturn-Uranus opposition, the Uranus-Pluto square, and the Saturn-Pluto square. We will investigate how these planetary aspects effect us in our lives, through such topics as alternative energies, the astrological karma of the U.S., alien and artificial intelligence, synaesthetic healing techniques, 3D film, and festival culture as fundamentally interwoven in the archetypal story emerging over the coming years.

Both the wisdom of history's similar planetary cycles as well as our present, intuitive movement will guide us on our journey as we merge both left and right brains to comprehend the patterns unfolding before us. Visit: [www.astralshaman.com](http://www.astralshaman.com)

### **Wednesday, May 12th: Knowledge From The Amazon:**

**A Talk about Indigenous Traditions & Medicines w/ Roman of Spirit Path Peru**  
7 - 9 pm \$10 suggested donation

This informational talk will be about the origin and the spiritual disciplines associated with the Amazonian and Andean indigenous traditions, as well as their practical benefit for our modern society. We will talk about ancient lineages and the direct transmissions that assist with eliminating obscurations of consciousness, and guide us to the essence of our humanity.

The practice of healing diseases through shamanic icaro singing practices (incantation) invokes the healing spirits of medicinal plants, like keys unlocking our inherent potential for healing. We will discuss different practices involving consciousness cultivation, and how Mother Nature can act as a perfect mirror to our inner true nature. The intercultural bridges we are creating together can help us see and utilize the thousands of years of accumulated wisdom that the ancestors of all of humanity left us. These gifts are more available to us today than in any previous time in history. Check out [www.spiritpathperu.com](http://www.spiritpathperu.com)

### **Tuesdays, May 18th & 25th: Tibetan Holotropic Breathwork w/ Roman**

8 - 9:30 pm \$30 drop in per session/ or \$50 for both

Tibetan Holotropic Breathwork specifically aids in the location and elimination of psychosomatic sources of disease. It is an ancient cathartic healing breath; activating and purifying the emotional memory of the organism at the cellular level. This is similar to Rebirthing or Stanislav Groff techniques with a more shamanic perspective reflected in both Tibetan and Amazonian cultures. The breath rhythms are adoptable and interwoven with psychic energy winds. The breath can be spontaneously increased or decreased, based on the intensity experienced by participants. This is a multidimensional experience, encompassing many facets of our being and teaching us how to reactivate all the energetic chakra vortexes to their natural higher vibrational frequency.

Tibetan breathwork has traditionally been done in series of several sessions and it is beneficial to go through at least 3 sessions in a period of a week. Each session enables us to reach more profound layers of the subconscious and release stagnant emotional energy in order to liberate our being from deep seated obscurations and allow us to live in our full potential of well being as human beings.

Please email [events@studio-soma.com](mailto:events@studio-soma.com) with "Breathwork" in the subject line to register.

Join us at Studio Soma, 2540 West 29<sup>th</sup> Avenue in Denver (1.5 blocks East of Speer Blvd & 29<sup>th</sup> Ave)

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