

20/02/2007

## To our dear clients and friends,

This is our first newsletter in which you will find:

- ॐ Main article.
- ॐ Dates of upcoming retreats.
- ॐ Spring Detox tips
- ॐ UK treatment fees up date
- ॐ Up coming dates in London and Glasgow

We would like to dedicate the first article to the celebration of spring.

Most of you will wander, looking out your window at the snowy weather; “what this crazy guy is talking about, we wish spring was here all ready, but all we get is freezing gales and cloudy sky”...

Well, just to let you know that 2 weeks ago we have celebrated the “Day of the trees” (TU BI SHVAT in Hebrew). This holyday marks the beginning of spring, the time when mother earth start to wake up from its winter sleep.

In fact this is the most powerful time of the year when the Earth energy is completely rejuvenated and is emerging fresh, vibrant and powerful.

At our farm in southern Spain, the Almonds trees are blooming in pink and white, the figs and apple trees manifesting their buds and you can feel that some thing has shifted.

According to Chinese philosophy of the five elements, beginning of a season commences while the previous season is at its outmost expression. So spring will begin in the end of January and autumn in the end of August approximately.

We could notice the same phenomena when looking at a wave in the sea. It gathers its full power when starting to manifest and its fullest excretion is a fraction before it brakes.

On February 18<sup>th</sup> we will celebrate the Chinese New Year.

The year of the fire boar.

The Chinese as well have chosen to mark their new year at the most powerful and potent time of the year, when nature like a powerful spring is all charged up to release its beauty that was secretly polished in the darkness of winter.

As always, theory is great entertainment for our mind, but it is worth less if we can't apply it for our personal growth and development.

So luckily we haven't deserted by nature and all that manifest around us echoes in our selves as well.

(Remember, all is one, in and out are reflections of each other)

**In order to adjust our selves to nature and take advantage of its rejuvenation power, we must approach our being on all levels of our existence; Body, mind emotions and spirit.**

**Physically;** this is great time to cleanse and detoxify the heaviness of winter, so we can start fresh light and renewed, surfing smoothly on the wave of spring.. (Watch your diet, cleanse your house and immediate surrounding)

**Mentally and emotionally;** this is a great time to reflect on old patterns of thoughts and emotions that cause us harm and holds us back from radiating our light to its fullest.

(Remember that you are a light being with a physical body, please let your light manifest through out the universe, don't be shy at your beauty!!!)

**Spiritually;** allow your soul to connect to its source, to the ultimate light that we are all part of.

May we all enjoy endless happiness and love.

May we all vibrate the beauty and joyfulness of spring.

## **Up coming retreats in our centre**

ॐ **The inner peace retreat** – Finding the love and joy within.

Date: March 11th to the 16<sup>th</sup>

ॐ **The master within** – Learn to improve self image and self esteem.

Date: April 22<sup>nd</sup> to the 28<sup>th</sup>

ॐ **Returning home** – Discover the power within by understanding body, mind and emotions interaction.

Get empowered and responsible for yourself.

Date: May 27<sup>th</sup> to June 2<sup>nd</sup>

## **UK treatment fee update**

ॐ Starting March 2007 our fees for treatments in London will be as follow: Yair – initial treatment – 80 pounds

Follow up treatment – 70 pounds

Ziza – Initial treatment 1.5 hour – 100 pounds

Follow up treatments – 1 hour – 70 pounds

## **Up coming dates in London and Glasgow**

**Yair** will be practicing in London:

March 19<sup>th</sup> to the 22<sup>nd</sup>

April 16<sup>th</sup> to the 19<sup>th</sup>

May 7<sup>th</sup> to the 10<sup>th</sup>

June 17<sup>th</sup> to the 20<sup>th</sup>

**Yair and Ziza** will be practicing in London and Glasgow

July 8<sup>th</sup> to the 15<sup>th</sup>

Many hugs,

Ziza and Yair