



The Next Practice Institute Invites you to

AN ADVANCED ENERGY WORKSHOP THE LIGHT SIDE OF PATTERNS

With Lynda Caesara

In the Light Sides of the Patterns, the second energy course offering through the Next Practice Institute, we will continue to deepen our awareness of energy, our competency with working with our own and group energy and increase our body's capacity to hold and channel energy.

We will also be exploring the skill sets (Light Sides) of the somatic defense patterns with the intent to incorporate them even further in our lives as we mature and develop energetically. The program places a strong emphasis on the mature or integrated expression of each of the patterns.

During this workshop participants undergo initiatory ceremonies and practices to help incorporate the gifts and positive attributes of each pattern into their energy field and continue the deep personalized healing process that Lynda guides with intimate group support.

This program is the perfect complement to its pre-requisite offering, the 10-Day Foundations of Energy Mastery.

For more information on upcoming offerings please contact npi@mobiusleadership.com



THE INSTRUCTOR | **LYNDA CAESARA, Master Transformational Faculty**

Lynda brings decades of experience teaching and guiding students in energy mastery in rituals, courses and workshops. She is passionate about energy work & electromagnetic principles, the dance of Masculine and Feminine, and energetic mastery. In the 1970s, she attended Berkeley Psychic Institute and attended and taught at Heartsong Psychic Institute. In addition to these programs, she has studied Christian Mysticism and Shamanic Healing. She has been doing bodywork since 1975, and views energy through that practical lens. Since 2001 she has been teaching her own unique perspective in the Energy Class format, founding and leading an energy path for hundreds of students.