

# Beyond the Box

## Experiential Evenings to ReAwaken our Bodies, Hearts and Souls

### **led by Vijay Director**

*Vijay has practiced meditation, movement and emotional release for 27 years. He is a writer, teacher, workshop leader (mixed and men's groups for 20 years,) "zennis" instructor, coach and more. He has had a private practice facilitating emotional release and spiritual growth for 15 years. Vijay also founded a "natural living" store, a non-profit learning center, a wholistic/arts magazine, and a therapy training program. With tenderness, Vijay mixes humor and irreverence to bring awareness to Life's most difficult challenges.*

# Letting Go, Moving Forward The Benefits of Grieving

One of the bonds all humans share is... Loss. While many cultures pay deep respect to loss, western culture suppresses it as much as possible. For individuals, this creates a swamp of unresolved wounds and pain in our bodies. It colors everything else in our lives and emotionally, keeps us stuck in the past.

Learn more about your own grief and how to release it from your body.

Celebrate your losses— and become Alive again.

**Monday, Nov. 12 7pm (sharp) – 9:30pm**  
**at the Common Light Center**

137 Center Ave., Black Mountain, NC

Directions: I-40 to exit 64. North on Rt. 9, 3 lights to State St. (Rt.70.) Make right, go 4 blocks, then right on Scotland St. to end, and then left on Center Ave. to end, just past Montessori School.

**\$20/ \$15 for full time students and school teachers**

Limited seating. Reservations highly recommended.

**273-7101**

### **Upcoming Events:**

**Mon., Dec. 3:** *Celebration: Owning and Acknowledging the Gifts We Are.*

**Mon., Jan. 7:** *Dropping Shame: Accepting our imperfect Perfection.*

**Mon., Feb. 11:** *Intimacy: The Final Frontier (presented with Connie Burns.)*

**Future evenings will explore:** *Anger, Joy, Healing (with Puja Thomson),  
Meditation, Creativity, Prosperity, and more...*