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Katonah Yoga Magic Square 2018

RITUALIZE YOUR TIME / A 2018 Magic Square Calendar Workshop with Eva Giorgi on Long Island. Saturday, February 3, 2018. 12:00 PM 2:00 PM. 12:00 14:00. Google Calendar ICS. Join

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Katonah Yoga teacher Eva Giorgi for an in depth breakdown of Nevine Michael's 2018 Magic Square Calendar; the Body as the Abode.

**RITUALIZE YOUR TIME / A 2018
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Lo Shu 3x3 Magic Square Chart — Katonah Yoga

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Weekly Planner/Journal Spiral-bound -
January 1, 2017 by Nevine Michaan
(Author), Susan Fierro (Illustrator) 5.0
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**Magic Square Cubes Pdf's —
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Learn the ABCs and the 123s in this
introductory magic square workshop. No

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experience is required! The "magic square" is an ancient Chinese grid of numbers whose relations form a cosmic pattern of integrity and fluency. This workshop's goal is to give you an understanding of oneself, embo

MAGIC SQUARE BASICS with LYNN IVEY — Katonah Yoga

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Why "Magic Square" Yoga? November 7, 2018. Matt Read. The practice of incorporating the Lo Shu Magic Square into meditation and hatha yoga was developed by Nevine Michaan, creator of Katonah Yoga®. What is Katonah Yoga?

Learn More — Magic Square Yoga

Learn the ABCs and the 123s in this

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introductory magic square workshop. No experience is required to join. The goal of the Katonah practice is to be well-adjusted. In this workshop you will learn how to set yourself on a compass and explore the insights that becomes available when you find

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with LYNN IVEY — Katonah Yoga

Nevine Michaan, creator of Katonah Yoga®, developed the technique of integrating the Lo Shu Magic Square into meditation and hatha yoga practice. The Magic Square can be used like a compass and a map to orient ourselves in our bodies and our bodies in space and time. The Magic Square provides a

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Magic Square Yoga

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Can't Get Enough of the 2018 Magic Square Calendar? Join Eva In the new year for an in depth breakdown. Hosted by our friends Live Right Wellness in CT!

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Charts — Katonah Yoga

„Play the game, in time, get three in a row. Repeat. Joy!“ ~ Katonah Yoga Center (image from Nevine Michaan's 2017 magic square monthly planner, illustrated by Susan Fierro) next Katonah Yoga® classes on. Wednesday, Mar 8 1630 ~ Jivana, Stuttgart Thursday, Mar

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9, 1630 ~ VinyasaYoga, Sindelfingen

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