

## Introduction to the Rukha Method™ of Bio-energy Healing and Personal Transformation.

### Free three-hour workshops!

Before making a larger commitment to the full cohort program, attend one of our free informational workshops.

~~FULL Saturday, February 11, 2012 from 9 A.M. until Noon~~  
Saturday, April 14, 2012 from 1 P.M. until 4 P.M.  
Thursday, May 17, 2012 from 6:30 P.M. until 9:30 P.M.

These three-hour workshops are designed to give participants a first-hand experience of the Human Bio-energy Field (HBF), the experience of moving energy and an opportunity to get up close and personal with founder, Shelli Stanger Nelson and other faculty members.



The time consists of short lectures, experiences of the HBF and exercises in energetic psychology/psychodramatic techniques that are a component of the Rukha curriculum.



Talk directly with current students and learn what Rukha has provided to them.



There's no cost, so bring a friend and welcome an experience that is bound to give you something to talk about later!

**Location:** Fairview Southdale Hospital  
6401 France Ave. South  
Edina, MN 55435  
Shalom Conference Room

**To Register:** E-mail [Workshop@RukhaAcademy.com](mailto:Workshop@RukhaAcademy.com)  
or call (952) 406-8382  
Please give us your name and indicate  
the date you wish to attend.

*To reach the Shalom room at Fairview Southdale Hospital, park in the West parking ramp, enter the building by crossing the skyway over France Avenue and descending to the lower level. You will see our signage directing you.*

**[www.RukhaAcademy.com](http://www.RukhaAcademy.com)**