



Welcome to Seimei!

Seimei means “activated vital life force” and this is a unique non~touch healing energy method from Japan. Our experience of Seimei is an opening to an ***expanded awareness*** that is beyond time, space, and mass. Beyond the (sometimes seemingly meaningless) everyday existence of life, into the wondrous and unseen part of ourselves that does exist. Our dream is to share this with you, to open the door to a personal experience of life that can lead to a deeper sense of health and happiness. The practice of Seimei can help remove the blocks that keep us from living this wholeness.

We invite you to come while we work on relieving pain, discomfort, and stress in your body by activating your own vital life force ~ the power of Seimei.

Tom and Leslie have been practicing for six years and they are thrilled and honored to be joined by their **special guest, Alexandra Bakos**, who currently lives in Santa Fe, and has been practicing Seimei for 8 years. She has traveled to Japan to advance her studies over 10 times, and has many testimonials.

She says, “I do Seimei because it helps me use a part of myself that is always true and authentic and the results are beautifully consistent. I use it to help relieve others’

discomfort, work on situations, my pets, and especially my family. My son has also been to Japan and now his 2 year old daughter requests Seimei when she needs it and tries to work on people. I see that as a natural expression of Seimei in our next generation.”

Together, for this special **Introductory Program**, we would love to share our love of Seimei with you. We will be giving mini sessions **Saturday, July 19th from 10am - 3pm** at the Yoga Dawn Studio, 105 Depot Street. You may come with chronic pain, acute pain, or a situation to be worked on; first come first served, by donation. Please join us and you are welcome to bring a friend! Please sign up online at **BlueMountainSeimei.com**.

