



Reconnective Yoga™

from **THE RECONNECTION®**
www.TheReconnection.com

**From research laboratories to yoga mats,
these frequencies help us to connect to
higher levels of healing and being.**

Reconnective Yoga combines the practice of yoga with Reconnective Healing frequencies to bring forth a powerful new means of aligning body and spirit. Reconnective Healing - a form of energy based healing that is likely here on the planet for the very first time - reconnects us to the fullness of the universe as it reconnects us to the fullness of who we are. These frequencies enable us to reconnect to the universe and to the very essence of our beings. The bandwidth of quantum Reconnective Healing frequencies have been validated by research and can help us to connect to our perfect blueprint of health, allowing us to facilitate healings on all levels of our being, from the physical to the spiritual. More than 35,000 worldwide practitioners utilize Reconnective Healing in more than 60 countries as a standalone healing modality resulting in miraculous outcomes, supported entirely by this new and more comprehensive bandwidth of energy, *light* and *information*.

Introducing Reconnective Healing frequencies and the light and information of The Reconnection into your yoga practice is a powerful vehicle for meditation and healing on all levels. During yoga practice, a goal is to better connect mind, body and spirit via asana and pranayama, or breath. The incorporation of the healing frequencies takes the practice literally to a quantum level of connection with self, the earth and our environment. The frequencies can flow in a directed way to help heal the body, while the yogi flows through their practice. Often the intelligent frequencies turn on without conscious intent, to help respond to the needs of the body. It is as if the intelligence of the body works with the intelligence of the universe to help us heal, even while we are in class.

Researchers are telling us that these frequencies might be here on the planet for the very first time. Dr. Gary Schwartz from the University of Arizona and Dr. William A. Tiller, Professor Emeritus from Stanford University and star of the recent film *What the Bleep?!*, are both investigating the nature, power and effects of these powerful new frequencies in an attempt to understand their mechanisms and healing properties. Both of these researchers will be continuing their research on Reconnective Healing.

Yoga instructors can receive special training and abilities by becoming Reconnective Yoga Instructors. During their instruction by The Reconnection, they are personally trained to help bring through, work with and direct the flow of these quantum frequencies at the highest level in both their yoga classes and personal yoga practices. For example, these specially trained yoga instructors can help to "charge the field" in the yoga studio prior to anyone entering the class. This increased charge may help to deepen everyone's practice while also creating a space in which people may have spontaneous healings. Further, the frequencies can be used by these instructors in a hands-on way when physical



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adjustments are being made during asana practice. Even when making a hands-on adjustment, these instructors have an opportunity to facilitate hands-on healing, using the frequencies to go beyond mere physical manipulation into a realm of healing. These frequencies can also be used in many other ways throughout the class, including helping to deepen and expand meditation practice and during shavasana.

When you invite the healing energy of The Reconnection into your yoga practice, you literally begin to vibrate at a frequency that helps to change the structure of your muscles, organs and potentially the DNA, transforming you at the cellular level. Embracing the expanded physicality of movement with these frequencies, you can combine the physical element with the subtlety and grace of this intelligent energy, helping you to transform your practice to the next level of alignment and connection with the universe.

What separates Reconnective Yoga from other forms of yoga practice is its dramatically enhanced access and use of energy, *light* and *information*. It's easier to teach and its instructors also become healing practitioners along the way. Through those instructors, and assisted by the intelligence of the universe, our yoga studios truly become the new healing centers of today.

The benefits of a regular Reconnective Yoga practice are a stronger connection to the higher self and spirit. This profound level of healing yoga practice gives you an awareness beyond the basic five senses to enhance, deepen and accelerate your path to healing and evolution. In class, you learn to feel the frequencies of Reconnective Healing and make them an integral part of your yoga practice as a restorative return to the perfection of the universe to achieve true health and enlightenment.

