



Open Heart Workshop- Level 1

An easy, step-by-step guide to opening, feeling and enjoying your heart

Opening your heart to experience the positive feelings of calmness, peace, lightness, and happiness is a natural and easy process. No special talent is needed. You will be gracefully and gently guided through each of the basic, key steps. Through this simple heart meditation practice, the feelings within your heart will be strengthened and you will feel less stress; more relaxed; recognize when the brain blocks the heart; smile more easily; and use your heart, not just in meditation, but in your daily interactions with others.

Just follow your heart... your heart knows ☺.

- ❖ Experience the calmness and happiness within your heart
- ❖ Let your heart be strengthened and cleansed of negativities
- ❖ Rely on your heart more in your interactions with others
- ❖ Allow more joy and positive energy to flow throughout your life
- ❖ Recognize the difference between using your brain and your heart
- ❖ Practice four advanced heart exercises
- ❖ Being grateful from your heart
- ❖ Praying using your heart

“When we feel most happy these happy feelings come from our chest and not our head. This is because our heart is our center of loving feelings and how we are able to feel and experience joy, happiness, peace and calmness. Our heart is also how we share and feel love which is important for everyone to have for a good quality of life. “

“A simple and accessible practice for anyone seeking deeper meaning in life, or just a more peaceful way to go through it. All you have to do is relax.....smile....and enjoy!” from *Smile to Your Heart Meditations* by Irmansyah Effendi M.SC., founder of Reiki Tummo and Open Heart Workshops.

Date: Saturday, May 7, 2011

Duration: 9:00 AM - 5:00 PM

Open Heart Instructor: Sally Mydlowec. M.Ed.

About the Open Heart Instructor:

Sally Mydlowec, M.Ed.

From 1996-2001, Sally studied various energy modalities becoming a Master Teacher of four Reiki systems. However in 2002, Sally began to study Reiki Tummo, Kundalini, Meditation and MasterYoga with the founder, Irmansyah Effendi M.Sc., who guided her in open heart practice and in experiencing the heart. In July, 2004, she traveled to Bali, Indonesia to complete her training with Irmansyah and he attuned her as a Reiki Tummo Master Teacher for the U.S.

In 2005, Irmansyah Effendi developed the Open Heart Workshops and trained Sally as a heart instructor. She is an authorized Coordinating Senior Heart Instructor for Workshops in the United States, Panama and Canada; and assists in training new heart instructors.

In 2009, after training under Irmansyah in Los Angeles, he authorized Sally to teach advanced workshops including: Inner Heart workshop, Spiritual Retreat and MasterYoga. In March, 2010, she traveled to Indonesia for advanced studies of heart workshops levels 5 and 6, MasterYoga 2-1 and Special Retreat.

Her role, as an instructor, is to be an instrument in guiding others to experience and to feel for themselves the blessings of peace, calmness and joy of being within their hearts in their daily life....every moment; and to share the loving feelings from the heart in their daily interactions with others.

In her professional life, Sally is the Executive Vice-President and Dean of Academic Affairs of a private college in Pennsylvania.