

# Healing Relaxation in Tara Rokpa style


Healing Relaxation in Tara Rokpa style  
is a 12-hour introduction class  
to living life mindfully.

During the Healing Relaxation workshop we explore and experience the benefits of developing calmer states of mind and body through guided relaxations and visualizations, breathing exercises, self-massage, and simple massage and movement exercises.

The workshop is based on the principle that the human mind carries its own dignity and healing capacity which can never be permanently damaged or destroyed.

Healing Relaxation Workshop is not therapy, but it is based on Tara Rokpa Therapy. More about Tara Rokpa in [www.tararokpa.org/therapy](http://www.tararokpa.org/therapy).

When: Starting on 1/28/12, six Saturdays at 4:00 - 6:00 pm  
Where: Yoga Matrika, 1406 S. Negley Avenue, Pittsburgh, PA 15217  
Price: 150 dollars  
Sign-up: [www.yogamatrika.com/workshops/workshops](http://www.yogamatrika.com/workshops/workshops)



Kirsi Jansa has been practicing relaxation, compassion and mindfulness with Tara Rokpa Therapy for eight years. She studied in Kagyu Samye Ling, Tibetan Buddhist Center in Scotland, to become a Learning to Relax course leader. By her main profession she is an independent journalist and filmmaker. Contact: [kirsi.jansa@gmail.com](mailto:kirsi.jansa@gmail.com)