

Dear Followers,

Friday is almost here, and there is excitement building for the **NEW Energy Exchange** Meetup. I've had a few questions and comments directed my way already, so here is some information about the **Energy Exchange** to address these questions.

The concept behind the **Energy Exchange** is that those attending are willing to share knowledge and techniques with each other in relation to the therapeutic arts, holistic healing, energy work (*such as reiki*) and related disciplines. This is an opportunity for learning and developing in these areas by asking questions, seeing demonstrations, and connecting with peers. Although the intention is to assist those who have already been introduced to a particular modality, beginners are still welcomed as a valuable source of volunteer participation, generating questions, and more. Please be open to the possibility of a variety of skill levels and modalities present at this Meetup.

The studio (**Shangrila Yoga Centre**) is equipped with yoga mats, blankets, cushions and candles. If there is a special piece of equipment required for your area of practice (i.e. massage table), you'll need to bring it. Please also bring along any of your specialized tools, if applicable (i.e. cards, pendulum, etc.). I also recommend bringing a folding chair for those who are sensitive to sitting on the floor. (We have a few chairs available at the studio)

Our evening will begin at 7pm and run until 9pm. Please note that there will be a yoga class finishing after 6:45pm. Those arriving earlier than 6:50pm are asked to remain silent in the reception area to allow the yoga class to finish their meditation uninterrupted. The studio will then require a small amount of set-up before our Energy Exchange can begin.

To ensure the safety and comfort of everyone attending, please note a few ground rules:

Charging for services on site is not permitted; therapeutic treatments and/or readings offered are voluntary and for the purposes of practice and demonstration of skills.

Direct soliciting or advertising of marketable goods and services is not permitted on site. Please do not attempt to sell merchandise of any kind; this behaviour will not be tolerated. Attendees are welcome to provide a business card with contact information to those interested in further business-related contact outside the studio setting.

The use of scent is not permitted in the studio. Please do not bring incense. Smudging is permitted, but must be approved beforehand by the facilitator. A smudge will be performed as part of the studio set-up prior to 7pm.

You are responsible for your own decisions and actions.

The admission cost for **Energy Exchange** has been set at the low rate of \$5 to help remove any perceived financial barrier to those wishing to attend. The admission cost goes toward use of the studio space, facilities, and supplies. *Note that most workshops offered at Shangrila Yoga Centre cost at least \$15 to attend.* Therefore, in addition to the low admission cost, we welcome donations to help support our beautiful studio and Shangrila community which relies on volunteers to assist in running our studio and reception area.

I look forward to meeting everyone! The **Energy Exchange** Group is repeating the last Friday of each month. If we don't see you this time, we hope to see you next time.

Namaste,

Pauline Shen

Zen Shen Dowsing & Holistic Health

<https://www.meetup.com/Shangrila-Dowsers/>