



## **THE FIVE REALMS OF LIFE**

### **MEDITATIVE MOVEMENT TO ALIGN YOUR BODY, MIND & SPIRIT**



***AMAFa holds weekly student classes and quarterly public seminars.  
Email or call for private workshops for your group or organization.***

Explore the connections and flow between your body, mind and spirit with FIVE REALMS MEDITATIVE MOVEMENT. Balance your Yin and Yang energies by harnessing the innate and universal, physical and metaphysical, power of **AIR**, **FIRE**, **EARTH**, **WATER**, and **SPACE**. Relieve stress and increase flexibility, coordination and balance in the movements of your body and your daily life. Similar in nature to Tai Chi, Yoga and Chi Gung, FIVE REALMS MEDITATIVE MOVEMENTS are primarily practiced slowly. The core exercise is a simple set of five movements practiced standing, seated or reclining. A restorative physical practice, FIVE REALMS can also help access the body's intuition and the mind's wisdom to make better life decisions. The full course of study includes forms, meditation, readings, and discussions that help us live a harmonious life. Bruce Lee reminds us that: "By adopting a certain physical posture, a resonant chord is struck in spirit." That's why FIVE REALMS MEDITATIVE MOVEMENT is exercise for your ...

**CLARITY ... PASSION ... STABILITY ... RESILIENCE ... and ... SPIRIT!**