



FIVE REALMS OF LIFE MEDITATIVE MOVEMENT
SEMINAR • WORKSHOP • EXCURSION SERIES 2026
PRACTICE • DEMONSTRATION • DISCUSSION
FRLMM.COM



“THE WISDOM OF AIR” SUNRISE SEMINAR 2026

Friday–Sunday, Jan. 2–4 (8–10 AM)

Postures: Air 1–3 (DTC/PTV/CTB), Meditation: 8 Air Chords;
 Postures: Air 4–5 (DTC/PTV/CTB); Meditation: Air Intonations;
 Postures: Air 6–8 (DTC/PTV/CTB); Meditation: Air Affirmations;
 Forms: Clouds (Cumulonimbus & Lenticularis)



AIR SEMINAR

Saturday, March 14 (2–7 PM)

Postures: Air 1–3, Space 1–2; Form 1
 Postures: Air 4–8; Form: Clouds (Low, Medium, High)



FIRE SEMINAR

Saturday, June 13 (2–7 PM)

Postures: Fire 1–3, Space 3–4; Form 2
 Postures: Fire 4–8; Form: Sun's Faces



MYHD SEMINAR: “VIRAHANKA SPIRALS”

Friday, July 2 (2–7 PM PST)

Forms: Air Spiral, Water Spiral; Postures: Space 1–3; Forms: Earth Spiral, Fire Spiral;
 Space 4–5; Form: Virahanka Spiral; Space 6–8



EARTH SEMINAR

Saturday, September 12 (2–7 PM)

Postures: Earth 1–3, Space 5–6; Form 3
 Postures: Earth 4–8; Form: SASLAR



WATER SEMINAR

Saturday, December 12 (2–7 PM)

Postures: Water 1–3, Space 7–8; Moon's Phases
 Postures: Water 4–8; Form: Moon's Phases

“THE WISDOM OF FIRE” SUNRISE SEMINAR 2027

Friday Jan. 1 (3–5 PM) – Sunday, Jan. 3 (8–10 AM)

Postures: Fire 1–3 (DTC/PTV/CTB), Meditation: 8 Fire Chords;
 Postures: Fire 4–5 (DTC/PTV/CTB); Meditation: Fire Intonations;
 Postures: Fire 6–8 (DTC/PTV/CTB); Meditation: Fire Affirmations;
 Form: Sun's Faces





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Explore the connections and flow between your body, mind and spirit with Meditative Movement. Balance your **YIN & 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.

SEMINARS

LOCATION: AMAFA, Oakland

TIME: 2:00 - 7:00 PM; Practice, Demonstration, Discussion

We will observe how all the Elemental Energies present themselves in our bodies and our lives, with an emphasis on how one Element can move our spirits. We will practice all 40 Postures, Forms 1–3, and one Elemental Form throughout the year. Movements can be practiced standing, sitting and reclining; and most are appropriate for diverse physical abilities. Expect to extend your physical capacity, and study how others throughout time have investigated the Elements.

REGISTRATION

TUITION prior to the event:

- EARLY-BIRD \$150 expires 30 days prior
- STANDARD \$175 expires 15 days prior;
- LATE \$200 expires 5 days prior.

Nonrefundable tuition is transferable up to 5 days prior to the event.

Bring a water bottle and healthy snack for breaks.

Some study materials included; some materials for sale.

For general questions and event registration, please email:

FiveRealmsOfLife@gmail.com

“By adopting a certain physical posture, a resonant chord is struck in spirit.”

— Bruce Lee