

# Effortless Evolution

A journey of Mindfulness,  
Movement, and Sound

Saturday March 10<sup>th</sup>, 2012

7-9:30 pm

Yoga Desa, Topanga Canyon

\$30

Questions/Enrollment: 858-752-1250

[hansonhealing@gmail.com](mailto:hansonhealing@gmail.com)

A sacred space is being created for effortless evolution. Join Gabriel Braun and Jesse Hanson on a journey through mindfulness, movement, and sound.

This inner journey will afford participants the opportunity to explore the depths of their unique inner world. Integrating elements of Qi gong, breath, mindfulness, and sound healing, each participant will gain a deeper understanding of how to eliminate blockages in the mind and body in order to create a sense of effortless evolution towards the best version of their True Self.

Treat yourself to this unique endeavor.

## **Gabriel Logan Braun**

**Gabriel** is a dance and movement enthusiast, yoga and surf teacher, healer and musician. Studying the teachings from yoga, dance, movement, meditation, qi-gong and tai-chi, music/sound healing and traveling to different countries to experience different cultures and lands, he began to remember his true purpose and what his true gifts were. It is his deepest desire to be of service to help others awaken to their own innate gifts and inner knowing through the practice of yoga and sound healing.



120N Topanga Canyon Blvd.  
Topanga, CA 90290

## **Jesse Hanson**

Jesse Hanson is a Certified Holistic Health Practitioner. He has an M.A. in Clinical Psychology and is dedicated to a path of merging the clinical and spiritual planes of existence. He offers spiritual council as well as sound healing at Passages Malibu. Jesse has been teaching mindful movement practices (Tai Chi, Qi gong, Authentic Movement, etc) for the past 7 years at a variety of healing centers and yoga studios throughout southern California. Jesse is here to awaken and help others awaken as well.

