

## registration

**When:** evening of  
October 15,  
to the morning of  
October 18 2009.

**Where:** Blue Heron Farm, 96  
Streeter Rd, Dekalb, NY 13630

**Cost:** \$1,295.00-USD,  
includes all meals and  
accommodation

**Early registration special:**  
**\$995.00 for those who register by September 15, 2009.**

### Registration Details

[mindfulmovement.org](http://mindfulmovement.org)  
or  
[songofthespheres.com](http://songofthespheres.com)

“The risks of making changes are great. Actually, the risk of not making changes are great – you risk missing your life.” – Gail Sher

For information and registration

[mindfulmovement.org](http://mindfulmovement.org)  
or  
[songofthespheres.com](http://songofthespheres.com)

## Living the Gift

### Tools for Living a Life of Vitality and Joy

With

Len Mackey

and

Daniel Kempling

# Living the Gift

Living the Gift is a deep training in the art of life. Living the Gift gives each participant the necessary tools to more deeply experience our natural birthright: a relaxed, stable awareness and a compassionate, open heart.

- Learn the role music can play in opening the Self to delight and beauty.
- Rediscover the rapture available in food and its preparation.
- Energize your body and deepen your confidence through the graceful art of Aikido.
- Experience “off-the-grid” living and the joy of community
- Walk in the steps of the Masters as we share the deep teachings of our lineage.



**Len Mackey** is a highly talented performer, facilitator, and teacher charged

with keeping the oral tradition, music, and sacred practices of our ancestors alive in the modern world. "Via drum and dance, song and sweat lodge, the circle and the sacred fire, the deeply human teachings of the ages are sustained.

A lifetime student of African music, and the indigenous teachings of the heart, Len teaches the simple truths that unite all cultures. Len's humor, grace, and passion have guided countless people through the deeply transformative dance of connection; to the earth, to each other, and to the inner source of their most natural joy. Len Mackey is a poet of the heart who leads from the front on the path to freedom.



**Daniel Kempling** is a life long martial arts student, holding a 5th degree black belt in Aikido

and teaching credentials in Iaido, the art of Japanese swordsmanship.

Daniel directs Mindful Movement Training, a multi-disciplinary self-development company offering training in martial arts, use of force protocols for law enforcement, and self-defense programs for schools and business.

A dynamic public speaker, Daniel also leads seminars in the self-development field. Known for his infectious humor and fresh perspective on ancient teachings, Daniel teaches, throughout the world, the path to liberation through courage and discipline.