

Online Em.Bodi.Ment: Shen & Ko Cycle  
Offered Mondays | 6-6:50 PM  
11-Week Series: October 4<sup>th</sup> – December 13<sup>th</sup>  
Video-On-Demand Access until January 1<sup>st</sup>!



Explore or continue your personal em.bodi.ment by participating in an 11 week integrated movement series.

The first 6 weeks introduce the creative-circular order of the Shen(g) cycle followed by the last 5 weeks exploring the star-like form of governing aspects of the Ko cycle of the Element Wheel.

**What to expect in this class from start to finish and week by week?**

- **Class begins with** the 5-Element Integrated Movement, which is a whole-body movement sequence focusing on the Shen(g) or Ko rotation.
- **Each class will dive deeper** into a specific element to expand our em.bodi.ment of the muscles and meridians related to each element.
- **After each session**, you will be able to include in your personal physical practice, the ability to trace the 12 Meridians and utilize the 5 Element Integrated Movements sequence.

This sequence is a great addition to your practice as a pre-movement experience or simply a quick break to revitalize.



**Pamela Luedtke**,  
Dance Instructor,  
Certified Pilates  
Instructor, Certified  
Brain Gym Instructor &  
Consultant

*"We move daily through a foundation of movements walking, flexion-extension and rotating are a few examples. We can deepen our em.bodi.ment of daily movements through a layering of complexities that challenges the mind and body. I invite you to explore this movement from the em.bodi.ment class offered as a virtual experience through 5 Koshas."*

**More Details + Register Here:**

<https://www.5koshasyoga.com/special-events/online-em-bodi-ment-shen-and-ko-cycle-11-week-class-series/>

**Learn More About Pam Here:**

<https://www.5koshasyoga.com/teachers/pamela-luedtke-certified-pilates-instructor/>

**FEE:** \$99 for the 11-week series. **Included with Unlimited Memberships.**

**Questions?** Contact The 5 Koshas Team at [office@5koshasyoga.com](mailto:office@5koshasyoga.com) or Contact Pam at [pamelaluedtke@gmail.com](mailto:pamelaluedtke@gmail.com)

**What do you need for class?**

- A water bottle, yoga mat, blanket & wear comfortable clothing.