



**VJ Henry** has over 30 years of experience teaching movement, music and meditation, emphasizing the daily practice of awareness, excellence, ease and engagement.

### **Certifications**

- 1965 - Begin research and experiments in religion, psychology & consciousness
- 1968 - Initiation into the Path of Chakra Yoga by Annayogi, Yogini, Sarasota, FL
- 1970 - Initiation into the Zen Buddhist Sangha and Bodhisattva Vow by Roshi Philip Kapleau, author of *Three Pillars of Zen*, Rochester, NY
- 1971 - BA, The Development of Religious Consciousness, New College, Sarasota, FL
- 1974 – MBA Program, Management Accounting, Florida International University
- 1980 – Travel through India, Nepal and the Tibetan Plateau, studying and practicing within a variety of systems
- 1981 - Certified to Teach Tai Chi Chih® by Justin Stone, Creator of *Tai Chi Chih, Joy Through Movement®*, Carmel, CA
- 1982 - Authorized to Teach Tai Chi Chuan and Chi Kung by Michael Siegel, PT, Santa Cruz, CA, Teaching Disciple of Kai Ying Tung (Taichi) and Lily Siou, Abbot of Tao Hsuan Monastery, Hawaii (Chi Kung)
- 1982 - Licensed as Massage Therapist (California), certified in Kaylor Technique by Phil Kaylor, the Founder and Director, Nyama Institute of Holistic Healing, Santa Cruz, CA
- 1992 - Authorized to teach Conga Drumming by Bobby Torres, Musician, writer, arranger, band leader, producer and master teacher.

### **Courses, Workshops and Classes Developed**

***Upaya*** - Skillful Learning, Skillful Sharing, Skillful Teaching

***The Perennial Philosophy*** – Spiritual Teachings from Neanderthals to the 21st Century

***The Onami Way*** – Community, Self and Relationship: Co-creating the Best Possible Life

***The Song of Clave*** – Playing in Time: Discovering Rhythm in Music and in Living

***Samsara Management*** – A Bodhisattva's Guide to Practical 21st Century Living

***Taichi*** – Energy, Movement and Tao

***Zen*** – Ultimate Meditation: Reality and Practice

***Tao Teh Ching*** – The Way and Its Power: Lao Tzu's Handbook for Responsible Transcendence

***Seven Intelligences*** – Personal Power the Chakra Yoga Way

***Five Fine Things*** – *Breath, Relaxation, Centering, Yin/yang and Flow*

***Ongoing classes and study groups***, all levels, Movement, Meditation, Music, Helping the Helper, Group Drumming and Inner Teachings of World Religions