

Energy-meditation weekend

Sint-Maria-Aalter

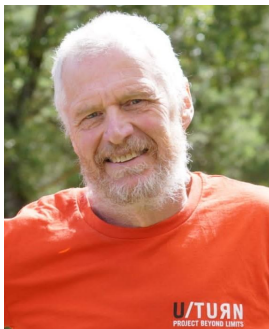
Dharmaranda

November 29 -
December 1
2024



During this weekend, we consciously pay attention to the energies in and around our bodies and allow these energies to guide us, rather than allowing ourselves to be guided by thoughts or conditioning. Tensions or emotions can surface as a result. This process in turn has a beneficial effect on the energy itself, and as a result, on our mental and physical well-being. Participants also often have unity experiences or sudden insights during or after the group.

Music can support us in this and brings an extra dimension to the energy.



Guidance: Dharmaranda

As a facilitator, I tune in to the group as a whole and the participants individually, and let the energy guide me in an interaction with the group and individually.

My work is deeply rooted in, and related to, the work of Michael Barnett, my foremost spiritual teacher.

Place: Domein Menas, Blekkervijverstraat 20, 9880 Sint-Maria-Aalter, Belgium

From friday 18:00 until sunday 16u30

Please do not use scented cosmetics when you come.

It is best to bring your own seat cushion or something similar.

Each participant is at all times responsible for themselves and for their actions. The meeting is not a substitute for medical or therapeutic treatment. If in doubt, consult your doctor or therapist for advice.

Meals and accommodation included. Please indicate any allergies or dietary requirements when registering.

Cost: 300€ staying in a single room
290€ staying in a double room

Registration and information: dharmaranda@hotmail.com