

Meditation workshop

A fresh breath - more balance in life



石頭

During this workshop, we would like to provide you with new tools so that you can help yourself to improve your quality of life - get out of suffering and find your inner balance. Most of the imbalances are created by our mind. You will be taught how to work with your mind and the breath to control your thoughts and emotions. With the understanding of how the mind works you will start to know yourself better and can influence the effects of the thoughts to your life.

For whom: Everybody who wants to move forward. People with or without problems. People who want to become more aware about themselves and their life.

Program: Meditation, Breathing techniques (self-diagnose and healing breath), Physical treatment/massage, optional Yoga/Tai Chi.

Balanced mind = Balanced health

When, several dates available:

Saturday, 26 July 2014

Sunday, 27 July 2014

Saturday, 2nd August 2014

Sunday, 3rd August 2014

Where: Zurich, Bern or Spiez (or upon request)

Workshop leader: Petr Matousek, originally from Czech Republic. He studied traditional medicine in China and India. Since 2005, he regularly stayed in China to study Chinese language and traditional medicine with various Masters. He has been giving therapies to people in Europe, China, Malaysia and India.

Costs: CHF 20.00 (just to cover basic expenses), donation box.

Register: Send email to franziska.eggimann@yahoo.com or call 078 783 1886



送朋友紀念

"Every day is a good day."