

Workshop on Consciousness: weekend

From Friday evening to Sunday early afternoon - Max 12 participants

EXPERIENCE THE CONTACT OF HANDS-FEET-BODY VIS-A-VIS SOIL, AIR, SUN

Focusing on...

- **Ambition or Desire**
- **Competition or Evolution**
- **Fitness or Wellness**

Are you used to meditate? If not, you will be given a basic technique

SCHEDULE

Let's start the evening introducing ourselves. Then, we experience a Guided Meditation with a "simplified" technique to get the different energies into harmony: this is very important for group activities. The "simplified" guided technique makes the laboratory accessible even to those who have not practiced meditation yet.

We are willing to experiment the following basic concepts, we want to understand with the brain but above all with heart-stomach-skin how useful, beautiful and vital it is to choose Desire, Evolution and Wellness and how damaging, brutalising and deadly it is to choose Ambition, Competition and Fitness.

First of all, we are going to realize how spiritual movement (meditation) and physical movement (especially if supported by genuine contact with the natural environment) trigger the **wellness spiral** and therefore our evolution.

Our focus goes on following theoretical and practical experiences:

- Physical contact as a vehicle for the wellness
- The conscious movement generates the wellness
- Listening to the body for conscious movement
- Relationship and exchange of information between body, mind and spirit
- Mantras for conscious movement
- How does Meditation work on Movement
- How does Movement work on Meditation

Short walks - light runs - barefoot experiences are part of the experience

Costs € 300

- *Course available in Italian and English (with advance notice)*
- *Breakfast free - on request*
- *Free hospitality available - "bivouac" accommodation*
- *Possibility to prepare meals together with offered ingredients*