

Course leaders:

Ann Harper Campbell
MSN, nurse practitioner, MPH, Reiki master,
yoga teacher, www.theoriginalbloom.com



Niels Viggo Hansen, Ph.D, philosopher,
physicist, meditation teacher.
www.nielsviggo.net

Place: Moksha Yoga-og meditationscenter,
Ryesgade 29, 3, 8000 Aarhus C

Session times:

Fri 12 Sep, 19.00 - 22.00

Sat 13 Sep, 10.00 - 13.00

Sun 14 Sep, 10.00 - 13.00 and 15.00 - 18.00

Sessions can be taken separately, but we recommend following the entire seminar if you can. You will go deeper. And bridging the sessions you will get an extra treat from ancient Greece .

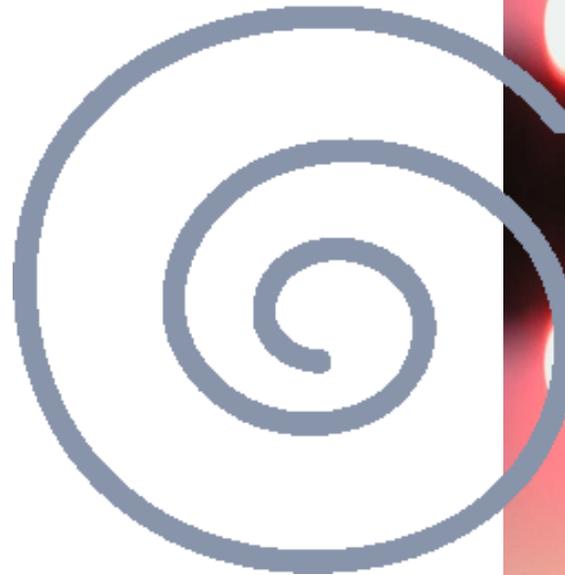
Seminar language: English, but you can ask for Danish translation at any time

Participant fee: 200 DKK per single session, 450 DKK for the entire weekend. Tea, coffee, fruit included but no meals.

Registration: Maximum 30 participants. To register for the whole seminar and reserve a place, email us at info@moving-meditation.dk . We will then send a confirmation and payment info. You don't need to register in advance for single sessions, just turn up.

Contact/more info: www.moving-meditation.dk , tel. (+45) 2895 0103

Radical opening space



12 – 14 September 2014

Moksha yoga- og meditationscenter, Aarhus

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice.
Meet them at the door laughing and invite them in.*

*Be grateful for whatever comes.
Because each has been sent
as a guide from beyond.*

*Rumi.
Translation by Coleman Barks,
quoted from www.gratefulness.org*

This weekend will be a systematic exploration of a basic process of "opening", a process very close to the heart of meditation and healing methods. We will focus on this common ground, rather than teaching a particular system - a playful, non-technical approach. Still, we will explore it with dedication through methods of yoga, movement, guided and silent meditation, contemplative group reflection and healing touch.

We aim at nothing less than discovering the vast space we inhabit. Not only great degrees of freedom of bodily movement but also the spiritual freedoms of kindness, compassion and gratitude. Space is soul medicine, our original bloom. No one can teach space but we can explore and practice opening. It will support any method you already know.

Session 1, Fri 12 Sep, 19.00-22.00

Opening - becoming acquainted.

Epidaurus: the spirit of a healing process from Greek antiquity.

Session 2, Sat 13 Sep, 10.00-13.00

Breaking silences and symmetries at the perfect point.

The soul medicine of kindness.

Session 3, Sun 14 Sep, 10.00-13.00

Holding space for oneself and others.

The soul medicine of compassion.

Session 4, Sun 14 Sep, 15.00-18.00

Complementary approaches of discipline and play. Connecting practice with the everyday world.

The soul medicine of gratitude.