



## Workshop Verlangen

**Pause, open your heart, set yourself in motion and realize your deepest desire with Family Constellations, Meditation & Mentastics**

ZipZen and Praktijk Wietse invite you to a special experience:

On this day, we explore your deepest desire, not merely as a wish or a sense of lack, but as an inner force that can give direction to your life. When you allow your desire the space it deserves... what does that look like? What is holding you back from realizing your true desire?

We create a safe and supportive environment to bring your desire closer, making it tangible, visible, and livable.

With **OSHO Meditation®**; silence, coming home, opening your heart and **ZipZen Mentastics®**; experiencing how you stand in your natural alignment, we prepare you for a deeper experience of the constellations, guided by Wietse.

The constellations offer insight into what nourishes or hinders your desire.

*“Desire is a gateway to connection: with yourself, with others, and with your unique path.”*

**Date/Time:** March 14, from 10:00 a.m. to 5:00 p.m.

**Location:** Stichting Padma – Verwerijstraat 51A, Middelburg

**Contribution:** €95 – tea and coffee included

**Facilitation, information & registration:**

Satsavya Mertens – Certified Trager® / Mentastics® practitioner and OSHO Meditation facilitator

[info@zipzen.nl](mailto:info@zipzen.nl)  +31 6 2734 759 - [www.zipzen.nl](http://www.zipzen.nl)

**Wietse Kroes** – Constellator & therapist body-oriented psychotherapy (in training)

[wietse.kroes@gmail.com](mailto:wietse.kroes@gmail.com)  +31 6 15 57 62 30 - [www.wietsekroes.nl](http://www.wietsekroes.nl)

**Testimonial** “I am indeed still experiencing a pleasant echo of the workshop. I really appreciated the short meditations guided by Satsavya, which helped me come more into my body and allowed me to feel better as a representative in the family constellations. Thanks to Wietse for the professional guidance of the constellations. Hats off to the calm you radiated and the time you took during the sessions. It was also special how open everyone was about their desires and feelings.” — *M. v.d. Broek*