



Workshop Mentastics at Qi-fit Rijsbergen - 21 Februari “Relaxed, pain-free and mindful moving”



We will explore how it feels to stand, sit and move from your natural alignment, with special attention to the back. New participants are also very welcome to discover this unique movement practice.

You will experience how moving without unnecessary muscular tension can transform stiffness and pain—especially in the back, neck and shoulders—into lightness, flexibility and ease. Less effort and “having to” bring more energy, calm and relaxation into your daily activities.

This renewed body awareness helps you stay balanced and supports the prevention and relief of stress-related complaints, chronic back pain, fatigue and tension.

A valuable deepening for anyone who practices Chi Neng, Qigong, Tai Chi, yoga, meditation, or any other body-oriented practice.

Learn to release tension, restore your energy, and experience more ease and calm in your daily life.

Guided by Satsavya Mertens- Experienced Trager Practitioner and Mentastics Instructor

‘During the workshop, I offer individual attention to each participant and conclude with a guided relaxation, allowing you to take the renewed sense of freedom, energy and lightness with you into everyday life.’

Time: 10:00 – 16:30h

Location: Qi Fit – Kruispad 7, Rijsbergen

Contribution: €80 – including tea, coffee, treats and soup. Please bring your own lunch.

Practical information: Bring a mat and cushions/blanket for the relaxation part.

Registration & information: info@zipzen.nl – Tel: +31 6 27347597

www.zipzen.nl

Testimonials

“ZipZen Mentastics have made me physically stronger. I almost never suffer from back pain anymore. I now recognize my limits more easily because I can feel my body again. I integrate Mentastics daily into my work, which greatly reduces physical discomfort. I feel stronger, more confident and more open. It also has an effect on your psyche. I would recommend it to everyone.” V. Ricky – Nurse

“For me it is a wonderful complement to Chi Neng Qigong, because it allows you to relax quickly in a simple way. The exercises you do afterwards then feel much more effortless.” Lian Roovers- Chi-neng teacher

“It’s almost magical how such easy, light and simple movements as Mentastics can have such a deep and lasting effect! From my very first class with Satsavya, I could feel changes in my posture and in the way I walk, sit and stand. It’s also wonderful that no special time is needed to ‘practice’ Mentastics—I simply integrate it into my daily life. It really can be that easy.” Gatha

See you soon

Warm regards,

Satsavya



“Lightness, freedom and ease for your Body/Mind”