



ZipZen Introduction-day to OSHO®Meditation

Balancing your chakra's - part 1

Sunday, September 28 at Padma

On this day, we will explore the first three important chakras: the root chakra, the sacral chakra, and the solar plexus chakra. We will take the time to connect with these energy centers in your body in a deep and experiential way. These three chakras correspond to different aspects of life;
including safety, vitality, and self-worth.

Through specific OSHO meditation techniques, short meditations from "*The Book of Secrets*", dance, and visualization, we connect with these energy centers. This allows blockages to release, healing to occur, and balance to be restored:
physically, emotionally, and energetically.

Experience how movement and meditation can reconnect you with your inner strength.

Feel a deep connection with yourself, vitality, and inner peace.

Sunday: 15 juni between 9 en 16 uur.

Location: St.Padma - Verwerijstraat, 51 - Middelburg

Contribution: €80 – includes tea/coffee and soup (please bring your own lunch)

Info & Registration: Satsavya Mertens – info@zipzen.nl – tel: +31 6 27347597

Facilitator: Satsavya Mertens – OSHO meditation and meditation therapy facilitator

www.zipzen.nl