



## **ZipZen introduction to OSHO meditation for the modern man**

**22 October from 10 am till 4.pm**

During this meditation day, I invite you to take a step back from the hectic pace of everyday life and immerse yourself in the calming and healing world of meditation. It is a moment of self-care, where you have the space to relax deeply, calm your mind and get in touch with your inner self. Meditation is saying “yes” to who you really are!

### **Experience this day**

- What meditation really means
- How relaxed and aware you can remain during your meditation and in your life
- How to let go of “doing” and enjoy the joy of “Being”.
- The art of non-judgment and witnessing
- Practical tips and tools to integrate meditation into your daily life.
- Active OSHO meditations to release tension and stress in a safe environment.
- Passive meditations to deepen your mindfulness in your daily activities

**Time:** October 22 from 10 a.m. to 4 p.m

**Location:** St.Padma - Verwerijstraat, 51A - Middelburg

**Contribution:** 70 euros - coffee, tea and miso soup provided - bring your lunch.

**Guidance :**Satsavya Mertens - experienced OSHO meditation facilitator

**Booking and Info:** info@zipzen.nl - 06 27347597

Meditation has many benefits such as: stress reduction, improved concentration, emotional well-being and increased resilience. Through active meditation techniques you can specifically work on resolving stress and frustration, and create space for inner peace and balance.

**[www.zipzen.nl](http://www.zipzen.nl)**