



Pause, open your heart and set yourself in motion

July 6 at Padma

With Family Constellations, Meditation & Mentastics



On this day, we will explore your deepest longing – not just as a wish or a lack, but as an inner force that can guide your life.

When you give space to your longing... what does that look like?
What is holding you back from realizing your true desire?

We will create a safe and supportive space to bring your longing closer – to make it tangible, visible, and livable.

Through OSHO® Meditation – stillness, coming home, opening and ZipZen Mentastics® – experiencing how your body aligns naturally, we prepare you for a deeper experience of Family Constellations, which will bring insight into what nourishes or blocks your longing.

“Longing as a gateway to connection – with yourself, with others, and with your unique path.”

Date/Time: July 6, from 10:00 AM to 5:00 PM

Location: St. Padma – Verwerijstraat 51A, Middelburg

Contribution: €95

Guidance, info & registration:

Wietse Kroes – Certified NTI-NLP Family Constellation Facilitator

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Satsavya Mertens – Certified Trager/Mentastics® & OSHO® Meditation

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“Your deepest longing just might become your reality.”