

Binding registration

I register for a fee of € 125,00 binding for the workshop „Ego into the light“. Date and place:.....

If I have no experience with the meditation lamp Lucia N°03, I make an appointment for a free trial in advance. My desired date

Contact: Katrin König, Tel.: +43 650 501 21 25
www.u7-tirol.com, katrin_koenig@yahoo.de

Events 2018:

Date: Sat., July 07th 2018 – 10:00 to 17:00 h
in 6071 Aldrans (Innsbruck, Austria), at U7 Unternehmenszentrum, www.u7-tirol.com

Further current events 2018: www.light-attendance.eu

We provide you tea and delicious vegan lunch soup, fruits, nuts. Mats, blankets, pillows etc. are on site. Please come in comfortable clothes. If you want, bring your own items.

Note:

This workshop is for self-awareness and does not replace any medical or psychotherapeutic treatment. Each participant takes part voluntarily, consciously and on her/his own responsibility in the workshop. Confidentiality is self-evident

Firstname

Surname

EMail & Tel.

Signature



Ego into the light

**Psychonautics* with Yoga & Light
expands the consciousness**



**Experimental workshop
new & unique**

***Psychonautics** is the exploration of one's own psyche and the unconscious, usually with the help of mind-expanding techniques such as yoga, meditation, etc. or psychedelic substances. Instead of psychedelics, we use light.

Over the breath, we first dive into the here and now, we arrive.

Then we practice carefully selected asanas, strengthen ourselves through relaxation and adapted nutrition. The important process of opening the nadis (energy points) begins. At the same time, we gently open our body, mind and soul to experience new dimensions.

Then you dive into a fascinating topic with the help of specially developed questions. After all, a

process of comprehensive cleaning begins deep into your cells - on physical, mental and emotional level.

To conclude, enjoy the hypnagogic light experience (meditation lamp Lucia N°03):

Whether it is about enjoying the beauty of your experiences / processes, optimizing your own health or traveling in the sense of a meditative self-submersion to the source of consciousness in the eternal NOW, the intention remains with you as a psychonaut.

Take a day to rediscover yourself in the spirit of a unique self-experience.

