

Tibetan Pulsing weekend

with Khorsand en Daya

Wajid OMC, Prins Hendrikplein 1, Den Haag.

17-18 June

Spinal Base and heart: from the first chakra to the heart:

The first chakra has to do with our survival instinct, our life force, our sexuality.

If there is a blockage in this electric circuit, we can lose trust, we fear to fail and cannot develop our sexuality to its full potential.

The heart is about love, self-love and joy.

If there is a negative charge in the heart circuit, we become bitter, frustrated, closed.

This weekend is focused on transformation:

from fear of failure to trust and from non-acceptance to love.

In Tibetan Pulsing we transform damages in the nervous system by the healing power of our heartbeat.

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