



Touch in Meditation

Touch in Meditation - in side and outside - is a reminder on the treasures, that are waiting inside our physical being to be discovered - sensitivity, joy, strength and an incredible capacity to heal every moment. This seminar can be a guide to introduce new ways of Being - to strengthen empathy, invite compassion, trust and awareness, to share insight, understanding and love - to move in stillness and peace.

This is a 5-days residential course with an introduction on Sunday at 9pm.

Daily schedule Monday through Friday

- 07.00 - 07.30 sadhana - spiritual practice
- 07.30 - 08.30 morning meditation
- 07.30 - 10.30 breakfast time
- 10.30 - 13.00 class
- 13.00 - 18.00 rest/beach
- 18.00 - 19.00 Kundalini meditation
- 19.30 - 20.30 dinner time
- 21.00 - 22.00 class/chanting



Anadi & Chintan

One afternoon will be dedicated to playing together on the beach.

Open to all levels of bodywork experience.

June 15 - 20, 2009 with Anadi & Chintan

Fee: 375,- € plus accommodation at the Alexis Zorbas Center Corfu, Greece.
Reduction of course fee upon request.

Information and registration: info@alexiszorbas.com