

International Trauma and Meditation Retreat

*** Global Transit 2020 ***



April/May AUSTRALIA
(Byron Bay)



Gopal (HP Psych.)

Trauma Therapy
Spiritual Transformation

Structure (7 Days)

Part 1: Physical trauma / stress release => Relaxing the body

Part 2: Clarifying your questions and problems => Relaxing the mind

Part 3: Entering deep emotions => Opening the heart

Part 4: Group energy work and meditation => Transcending body, mind and heart

(We go through these steps each day and also
on larger scale throughout the retreat.)

Methods

- * Silent Meditation
 - * Transformation Groups (individual sessions with Gopal supported by the group)
 - * Floating part 1: group work setting boundaries
 - * Floating part 2: group work exploring longings and desires
 - * Floating part 3: group regulation
 - * Active Kundalini Meditation
- (* Tibetan Pulsing)

This work is absolutely in alignment with our nervous system and respects our current personal situation. Nothing is ignored, spiritualized or skipped. You don't have to do anything you are not feeling comfortable with. It's your retreat and your individual process embedded in a loving group. There is a lot of time and space...

! FREE OF CHARGE !

Contact (German, English)

:-) gopal@traumaheilung.net
www.traumaheilung.net

Videos:

<https://www.traumaheilung.net/en/Videos.html>

