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„Your Time Out“ with Viramano Wermund

July 16 -23, 2022

The atmosphere of Toskany welcomes all your feelings. They will be supported by love and trust, by nature, the sun, the air and the sea.

Our shadow sides can integrate in an energy field of awareness and respect, so that the contact with our real self can develop more and more.

Also this year, we will **continue on our way in - exploring our inner partners** (the qualities of the so-called inner woman and inner man).

These partners influence especially our sensuality and sexuality as well as our patterns of relating in daily life with partners, children and also in professional situations.

We will have daily group sessions till 14h:

Morningmeditation, encounter and conversation, body-and breathwork, hearthealing, improtheater, movement and dance.

On desire and agreement I will offer individual sessions, evening meditations and evening program.

- Relating patterns between man and woman in daily life
- Setting borders
- Hara- energy and healingwork
- Massage and touching, sensuality and eroticism
- Awareness and Yoga
- Pic-nic on the beach
- Playful movement and fun
- Mediation surrounded by the olive grove or on the beach

The Nirvesha Center in La Muraglina, I-57020 Bibbona / Italy **tel. 0039-0586-670-368** is situated ca. 45 km from Livorno , far from traffic and tourism.

We are 7 km from the beach and 2 km from the next village. It is a simple but very nice seminar space in a campus of 6 ha of fields, forest, fruit- and olive grove. The wonderful surrounding has the typical character of Toscany

On special request we welcome also guests and children!

Date 15 – 23 July 2022
Costs 500.-€ seminar- and mediationprogram, plus food and accomodation
Booking Please till **May 15, 2022**
 Please fill in the formula on my webside and pay 50% of the fee



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