

Healing Your Origin

3- day live Personal Process Work



- **Dates: 26th 27th – 28th of November 2021**
from 10.00 -13.00 and from 14.00 – 17.30. The last day we stop at 17.00 h
- *Price for 3 days including own process:*
800 € included VAT for private persons
800 € excluded VAT for companies (VAT number)
- *Price for 3 days without own process:*
450 € included VAT for private persons
450 € excluded VAT for companies (VAT number)
- *Lunches, drinks and breaks during the 3 days are included in the price.*
- *Facilitator: Andrea Wandel – Assistant facilitator: Kasra Van Rompaey*
- *This training will be given in English*
- *Location: Living Lei – Lei 15 – 3000 Leuven (www.livinglei.org)*

Testimonials

How I would describe the weekend?

Being close to myself and feeling the connection and support of the others gave me the space and comfort to sit, do and be ME...

The combination of both and the support and guidance of Andrea and Kasra gave me the safety to go deeper and at the end of the weekend I felt a little closer to myself. A very nice and calm place to be with gratitude in my heart.

Ilse

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My keywords for this seminar:

- *Amazing*
- *Very safe*
- *Deep insight and wisdom*

Annet

Content & Design

Why?

We are going through a challenging time. Our normal habitual ways of living are being disrupted, which can trigger old wounds, stress or fear. This situation can also open up a space for deep inquiry and transformation that is not possible when we are embedded in our usual habits. This workshop wants to invite conditions to recognize the deeper forces at work and we can prepare the ground for an evolutionary opportunity of growth. Our early experiences reach deep into our somatic, emotional, energetic and spiritual make-up. It is this heightened vulnerability that requires a safe space. This special space allows for slowness, listening, mindfulness, gentleness as well as attentive presence to invoke healing in the different levels of our being-nature.

In the very beginning of our life we undergo basic imprints that forms our behavioral patterns. Separation from source, conception, embodiment, intrauterine experiences and the quality of the birthing process have a strong impact on the way we experience the world. This foundation in combination with early bonding and attachment processes shape our way of relating to the world, to ourselves and to people around us.

Healing factors to balance:

- Calming down the body
- (Self) Centering
- Connection

What we will offer?

- A safe space with a small group
- Time for each process to unfold (max. 8 people with an own process)
- Mindfulness and attentiveness with yourself

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Our working tools:

- Body based trauma work
- Wisdom & intuition of the group – the group is participating in the process
- Spirituality

What do you get out of it?

- Healing of your wounds
- More connection with yourself and the group
- Increase intimacy with yourself
- Extra resources which you could use in your daily life

Information and subscription

Mail to Kasra Van Rompaey (info@ann-kasra.com) and let us know if you subscribe for your own process or if you are subscribing as an observer.