

Body Mind Balancing - online

with Jahin Gehl

“OSHO® Reminding Yourself of the Forgotten Language of Talking to your BodyMind“

To talk to the body and to listen to its messages have been a common practice in the ancient Tibet, which unfortunately has been forgotten.

This Meditative Therapy, created by the indian mystic and scientist OSHO together with a hypno-therapist, reminds you of this forgotten language of talking and listening to your body and mind.

The 7-days-process was created specially as a simple but very effective process of relaxation to relieve symptoms of stress-induced physical problems and pain, e.g. migraine, sleeplessness, weight-problems, neck pain and many more physical symptoms.

It is a guided process, which helps you to make friends with your body. A voice guides you in communication with your body and mind, to support natural healing and balance in your body.

18.09. 2020 Taster 6pm CET

28.09.- 04.10.2020 BodyMind
Balancing Prozess daily 6pm – 7pm CET

Price: 80,00€

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venue: ZOOM

