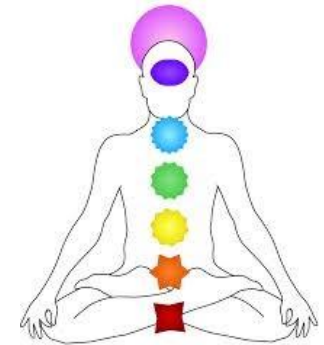


Tibetan Healing Exercises

with Maarten Vermaase

Sunday 23rd September

@ Hale Village Hall, Liverpool



- Tibetan Healing Exercises are a Buddhist 'Energy Yoga' combining **movement exercises, breathing techniques and self-massage** designed to generate vitality and balance. These exercises are traditionally used for **self-healing, deep relaxation and preparation for meditation.**
- This day will be mostly practical and experiential. The primary aim is to provide Yoga practitioners with tools for the development of their own personal practice, by gaining a deeper insight into the process of sensitivity and openness within movement and meditation.

Cost - £45

Details 01744 609 058

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