Meditation of Life

Level: for everybody
Location: Metaforum 7.84
Price: 10 euro sports card holders
       20 euro for people without a sports card
Number of lessons: 6
Period: Once a year
Day & time: Tuesday, 18h00-19h30
Equipment: Comfortable clothes, pen and paper

The course “The Meditation of Life” aims at better and healthier functioning as a human being. We value the balanced development and integration of our entire being, cultivating our emotional, moral, spiritual and mystical aspects and how they are interconnected and influence each other. Our approach is methodical, safe and self-evidence based on concentration, breathing, observation, visualization and scientific principles.