



Kanda Meditation for increased vitality and clarity - an introduction



June 9th 2019, 2.30 until 5.30 p.m.

September 8th 2019, 2.30 until 5.30 p.m.

November 24th, 2.30 until 5.30 p.m.

Meditation is the path towards the inner self. In evermore stressful times, meditation supports us in staying centred and protects us from losing ourselves in our environment.

My personal meditation practice started more than 40 years ago. Through the years, I have experienced different meditation techniques. For the last 15 years, I have been practicing meditation techniques that I learnt my former teacher Christian Lamilhau (some his own creation, some influenced by Tibetan Buddhism and Daoism). I have translated these techniques into the yoga practice.

The common denominator of these techniques is the use of prana (our “life force”) in order to experience protection, inner strength and over time also a better connection to something that is larger than ourselves. To achieve this, we access our deepest energy reservoir, “kanda” in yogic terms, “dan tien” in Daoism and “hara” in the Japanese martial arts.

During the workshop, I teach three basic techniques:

- Kanda meditation,
- microcosmic circuit,
- protective coat.

The **Kanda meditation** improves our grounding and protection. The **microcosmic circuit** allows us to move our life energy and to actively direct it, with the intention of supporting healing processes. The **protective coat** is a preparation for the night, facilitating the switching-off from the day’s events.

A registration for the workshop is required and binding. Cost for the workshop is 60 €. Please contact me for further information and registration via phone 06174 3240 or email mkhschmidt@gmail.com. If required, the workshop can easily be held bi-lingually in German and English.