

**CONTACT FOR THE WORKSHOP:**

**HIAH PARK**

[hiahpark@gmail.com](mailto:hiahpark@gmail.com)

Further information and  
application form under:  
[www.hiahpark.com](http://www.hiahpark.com)

**CONTACT FOR BOOKING THE ACCOMMODATION**

Seminarhaus Die Lichtung

[www.die-lichtung.at](http://www.die-lichtung.at)

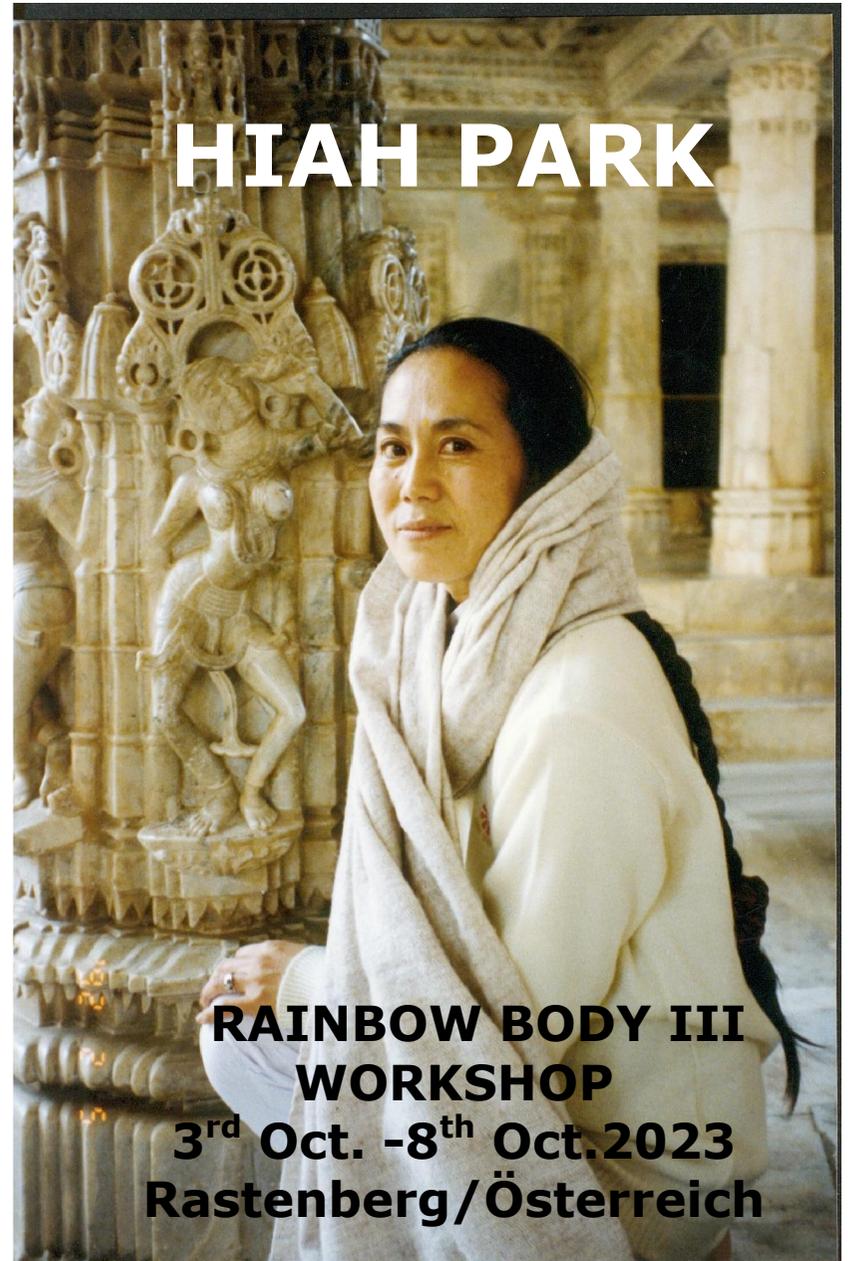
A- 3532 Rastenberg 2

Tel. +43/(0)2826/312

Fax +43/(0)2826/312-6

Email: [seminar@die-lichtung.at](mailto:seminar@die-lichtung.at)

The accommodation has to be booked directly  
at the Seminarhaus Die Lichtung



**PRACTICAL INFORMATION:**

Check in: 3 <sup>rd</sup> Oct.	approx. 16:00-18:00
Dinner together	19:00
Check in, breakfast	approx. 08.00 – 09:45 am
Workshop- start 4 <sup>th</sup> Oct.	10:00 am
Workshop-procedure at the day of departure: 8 <sup>th</sup> Oct.	
Breakfast	08:00 – 09:00 am
Final activities:	approx. 09:00 –13:00
Lunch:	approx. 14:00

**CHECKLIST:**

Bring good mood and readiness to make new experiences!  
Enough comfortable clothes for movement and dancing  
Good footwear for hiking (**waterproof**) recommendable  
(maybe bathing trunks)  
Blindfold  
Linen and towels are in the rooms  
Pocket lamp

**OTHER TIPS AND NOTES**

The kitchen is vegetarian. There are always short tea breaks in between. The workshop-process is adjusted spontaneously by Hiah Park depending on the needs in the group.  
There are a limited numbers of private sessions with Hiah Park possible. On demand you can get a confirmation of participation at the end of the workshop.

**WORKSHOP LOCATION**

The seminar house is a special 12-angle with a pyramid roof and lies at a geomantic crossing. It is build according to fine energetic principles. This house is an unique seminar house and is appreciated for all kind of body- and energy work. Surrounded with woods and without neighbours the privacy of the group atmosphere is guaranteed. For exercises outdoors there are lots of space like the lawn of the Lichtung. Marked forest routes invite for walking during breaks.

**RAINBOW BODY III**

Mental body - power of the words, thoughts and opinion, world of duality, fear and hope for future.  
Astralemotion - worry / contentment.

We use the power of the mind - increase and broaden the mental healing power. How can we transform our limited view of our body so that we can experience the ecstatic body of love.

We will redefine the old ideas of the body so that we learn again to love our body. We purify our old belief system of guilt, which has its origin in sexuality, by shaking and empty our mental ideas. We learn to accept unconditional what is, and to contact the life energy and wisdom beyond the intellect. So we can taste the higher order of spiritual intelligence. For this we have to give up old distorted opinions and extend to the freedom from the bondage, which we experience through our chains of attachment.