

CONTACT FOR THE WORKSHOP:

HIAH PARK

hiahpark@gmail.com

Further information and
application form under:
www.hiahpark.com

CONTACT FOR BOOKING THE ACCOMMODATION

Seminarhaus Die Lichtung

www.die-lichtung.at

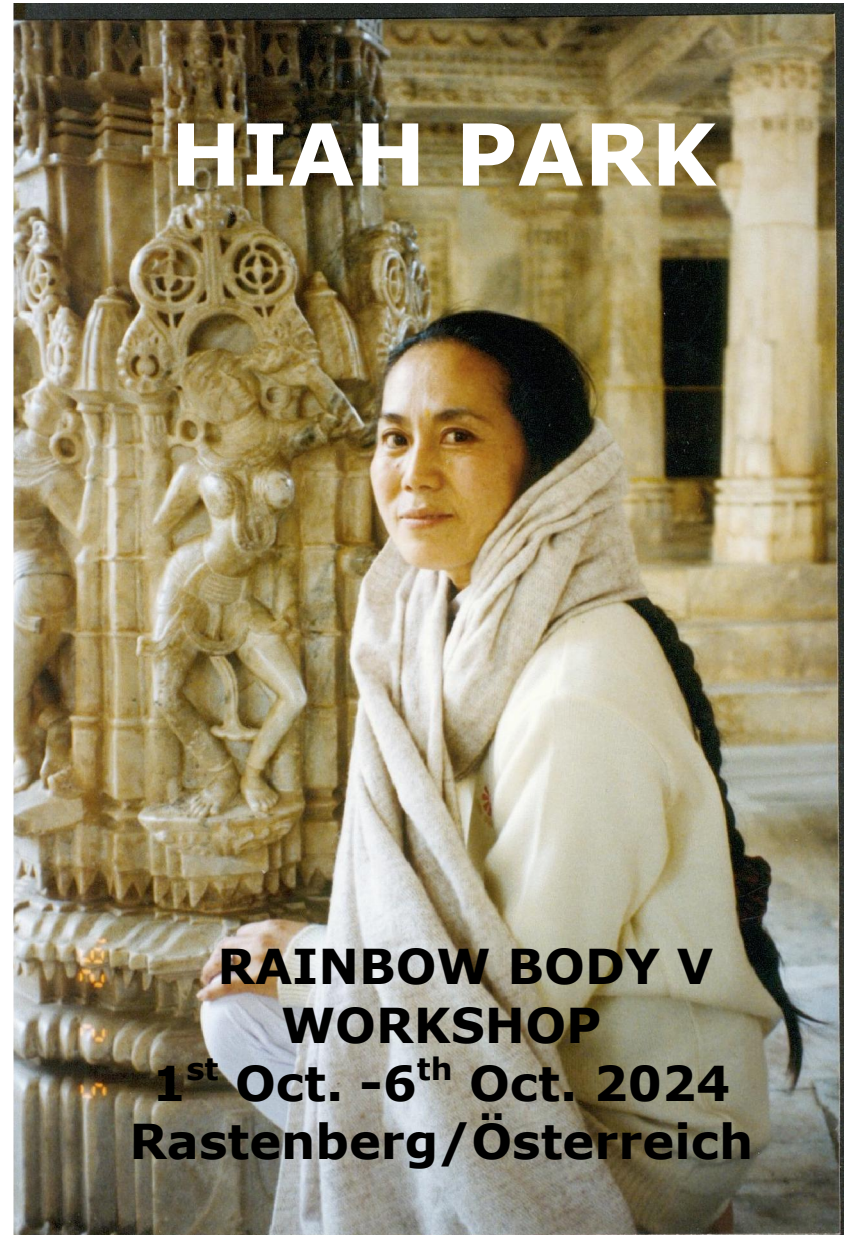
A- 3532 Rastenberg 2

Tel. +43/(0)2826/312

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

Email: seminar@die-lichtung.at

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



PRACTICAL INFORMATION:

Check in: 1st Oct. approx. 16:00 – 18:00
Dinner together 19:00

Check in, breakfast approx. 08:00 – 09:45
Workshop- start 2nd Oct. 2024 10:00 am

Workshop-procedure at the day of departure – 6th Oct.
Breakfast 08:00 – 09:00
Final activities: approx. 09:00 –13:00
Lunch: approx. 13:00 –14:00
Departure: approx. 14.00

CHECKLIST:

Bring good mood and readiness to make new experiences!
Enough comfortable clothes for movement and dancing
Good **waterproof** footwear for hiking
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 V

Etheric Body - this is the Creative Body:
shaman as beginning of art and original artist who can express divine message as divine ruler. In the art of healing, it starts discovering yourself in the sound of the universe as vibration and how to use sounds and prayers for the healing. We start to feel and listening it is rhythm and sound as vibration and we will learn totally surrender to the Dance of Shiva, the Lord of Dancers, worshiped by the Hindus, and shamans. In this state, the whole universe is with us engaged in endless motion and activity, in a continual Dance of Energy. We will experience the cascade of energy coming from inner and outer space, in which particles are created and destroyed in rhythmic pulses; start to see the atoms of elements and those our body are participating in this cosmic of dance of energy, this eternal life and death goes on in endless cycles....
We will explore power of breath, shamanic voices and rhythms. Through changing our nervous system and mind. Only through the high frequency of cosmic vibration can help our dark night of soul transform into Universal Love.