

**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)

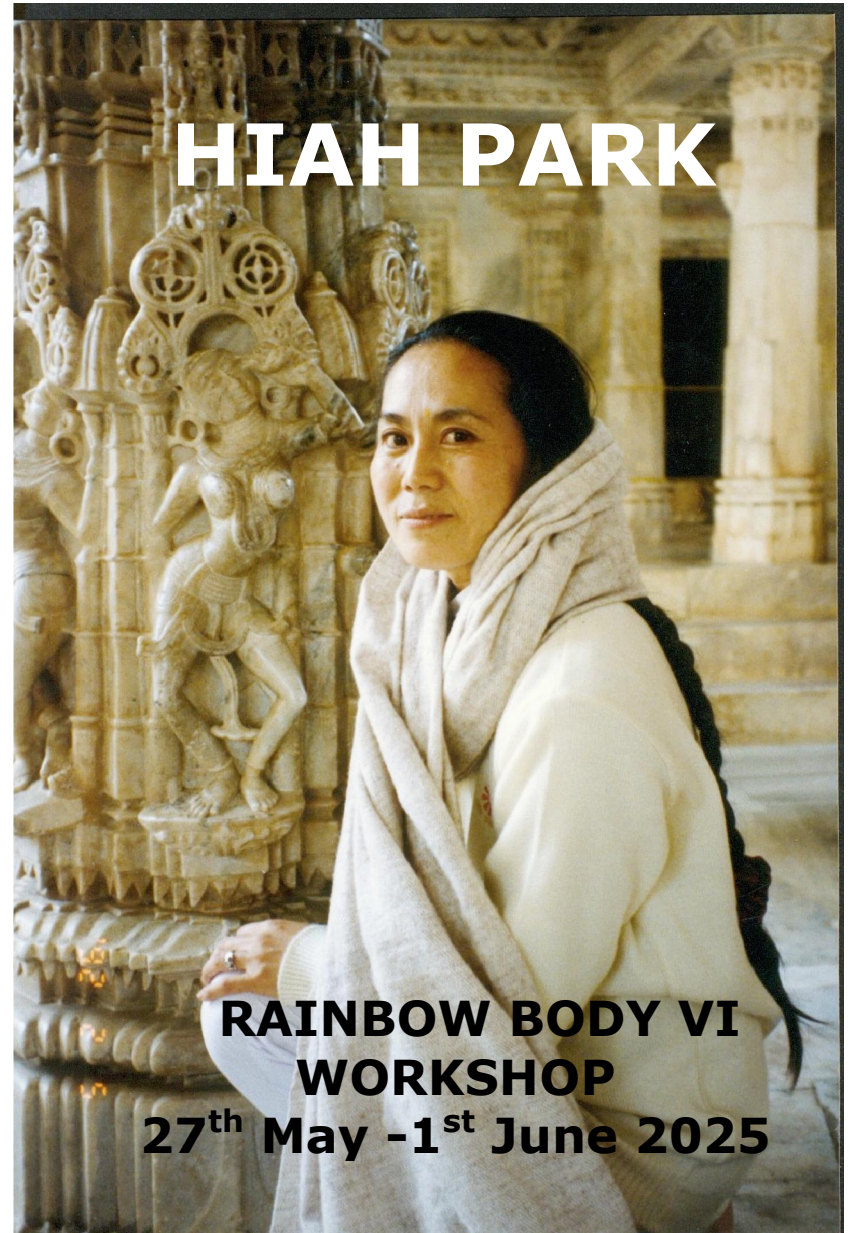
A- 3532 Rastenberg 2

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: 27 <sup>th</sup> May-1 <sup>st</sup> June 2025	ca. 16.00 – 18.00 pm
Dinner together	19.00 pm
Check in, breakfast	approx. 08.00 – 09:45 am
Workshop- start 28 <sup>th</sup> May 2025	10:00am
Workshop-procedure at the day of departure – 1 <sup>st</sup> June 2025	
Breakfast	08.00 – ca. 09.00 am
Final activities:	ca. 09.00 – ca. 13.00
Lunch:	ca. 13:00 – ca. 14.00 pm
Departure:	ca. 14.00 pm

**CHECKLIST:**

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

Power & Energy:

Theme on Inaudible Hearing

The Goddess of Speech

Thought on Ego and Responsibility

Divine Light Invocation

Meditation on the Light

Perception and Use of Neutral Energy

Increase Power of Concentration.