

Meet the Wood outside and inside yourself in the Season of Spring



WOOD ELEMENT WORKSHOP

A Qigong, TCM Theory and Shiatsu weekend seminar.

Each season has its own beauty, challenges and lessons to learn.

We would like to invite you to join us with the intention of learning what each element can teach, provide and how to enrich us to live lighter, happier and healthier and more in harmony with nature.

Spring corresponds to the element Wood.

Wood element has corresponding meridians and organs, liver and gallbladder.

By strengthening the wood element conditions like allergies, cardiovascular diseases and disorders of the musculoskeletal system can be improved.

We will learn about medical, traditional and cultural background in the theory part by Oliver Lohse. Integration of the meridians and the wood element through Qigong and Neigong by Soma Farzaneh.

In the last part of the weekend, we will learn to treat the wood-meridians on each other with Shiatsu.

We invite you to a homemade organic food for strengthening the corresponding organs of the wood element.

Food is Vegan and Organic.
Price: 200 Euros
Saturday, 15th of April: 10 - 15:30 Uhr

9.30 arrival time
9.45 welcome Tea, greetings
10-12 Theory
Break
12: 15 - 14:15 Somaga. Qigong
Lunch break (One hour)
15:30- 16:30 Neigong for Nourishing Wood Element

Sunday, 16th of April : 10 - 16:00 Uhr
9:45 Tea
10 - 10:30 Theory
10:30 - 12.30 Somaga. Qigong
Lunch break (One hour)
13:45 - 15:45 Shiatsu
Feedbacks



Soma
<https://qigongsoma.com/>

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Beginners and Advanced partitioners welcome!
Earlybird price until 1st of April: 180 €