



THE DRUNKEN MONK

TREASURES OF YOUR HEART

TRANSFORMATIVE WORKSHOP

IN AIR YOGA, ZURICH **AIRYOGA**



ABOUT

In this blossoming season, embark on a wonderful journey to unleash the healing and transformative treasures of your heart!

The heart contains the capacity to love, to heal, to be inspired, joyous, grateful, to be fulfilled and abundant. In the right conditions, these aspects of yourself can be released to flow freely and enrich your daily life.

We've prepared for you a beautiful collection of conscious disciplines such as guided meditations, conscious movement, AUM voicing, heart expansion and zen self enquiry to reveal the transformative power of your heart and release your unique 'fragrance'.

To support this gentle, yet powerful process, some of the core sessions will be enhanced by enchanting poems by the Sufi master and poet Rumi. The magic of his poetry is that his words speak not to our minds, but directly to our hearts.





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*You can join one or both days - yet each day is complete in itself.



Day 1: Healing Heart

We will focus on the healing power of the heart. You will learn methods to understand, connect, accept and transform 'mental – emotional' patterns that are no longer supporting you.

The outcome is to deepen your awareness, heal inner unbalance and gently release any weights that are holding you back from the fulfillment of your hearts desire!



Day 2: Abundance & Gratitude

Unveil 'who you are' authentically, without the restrictions of the conditioned mind and experience a deep satisfaction and the peace which lies within you.

Discover the transforming potential of gratitude! By learning the art of appreciating each moment from the heart, you open yourself up to receive richness on every level.



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AGENDA

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Day 1: Healing Heart

- 10.00 Introduction
- 10.15 Dance of Earth & Fire
- 10.35 Comfort Break
- 10.40 Guided Meditation:
Grounding, Openness & Presence
- 11.25 Tea Break
- 11.40 Self Enquiry Session:
From fragments of self limiting beliefs to the wholeness of inner fulfilment
- 12.20 Guided Meditation: Heart Healing
- 12.50 Aum Connection Circle - Voicing
"If the light is in your heart, you will find your way home." Rumi
- 13.00 End

Day 2: Abundance & Gratitude

- 10.00 Introduction
 - 10.15 Conscious Movement
 - 10.35 Comfort Break
 - 10.40 Guided Meditation:
Acceptance, Surrender & Trust
 - 11.25 Tea Break
 - 11.40 Self Enquiry Session:
In the silence of the mind, experiencing Expansion of the Heart & ultimate Freedom
 - 12.20 Vibration of love - Voicing
"You are a drop, and the ocean." Rumi
 - 12.50 Open Circle - Sharing Space
 - 13.00 End
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BENEFITS

- Connect to your authentic self, free from the constructs of mind or social conditionings
 - Experience the natural waves of love, inspiration, joy and peace that lie within you
 - Learn how to release yourself from the limitations of internal patterns
 - Develop skills in transforming energy from inertia into a healthy flow
 - Learn how a state of a deep gratitude attracts abundance into your life
 - Clear out the past and create the space to bond with your sense of aliveness and purpose.
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MAIN ELEMENTS



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Self Enquiry

Benefit:

Connect to your authentic Self - your 'truth', free from social masks and conditionings. Transcend the thinking mind and allow fresh insights to arise.

This is a combination of the ancient Zen practice of contemplating a koan (a question that cannot be answered by the mind) and modern self enquiry techniques of listening and connection.



Guided Meditation

Benefits:

Guided meditation supports you to achieve mental, emotional, physical clarity, healing, and stress relief by positively changing the neural pathways of our mind. This practice reduces dis-ease by calming the unwanted stream of mental-emotional patterns that distract your focus from the here and now.

You will be guided step by step to a state of being grounded in your presence, each and every moment, wherever you are and with whatever you are doing.



Conscious Movement

Benefit:

Move, Breathe, Energise & Connect with Gratitude

A Dance of Earth and Fire is an active meditation combining breathwork and movement to fill you with a fresh energy. The guidance will energise your state and fill you with love and gratitude.



Heart Expansion

Benefit:

Connect with your vulnerability and let it become your strength in which you can discover your and unique gifts!

Heart expansion is a gentle way to invite the heart centre to relax and open. Using the breath and placing your attention on your heart, it is like the flower being caressed by the light of the sun. Slowly the heart will open releasing any tension or discomfort and opening you to the treasures of love and gratitude.



Sharing Circle

Benefit:

Discover a healing power in sharing & experience being welcome, appreciated and accepted - exactly as you are!

An open space to connect and share whatsoever is alive in you. There is a healing power in sharing. By connecting in an open and safe space much can be released and healed.



Aum Connecting Circle - Voicing

Benefit:

Express your authentic truth with a sound and experience a deep connection with your inner self as well as with others.

Aum is the vibration of the universe and by connecting together in this sound, we build an energetic field of strength and unity. It is the experience of being connected at a deep and nourishing level.



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Rumi's Poetry

Some of the sessions will be enhanced by enchanting and highly inspiring poems by Sufi master and poet Rumi (Jalal ad-Din Muhammad Rumi). The magic of his poetry is that his words speak not to our minds, but directly to our hearts. Instead of just reading it, we feel like we are directly experiencing the message he is sharing.

"DO YOU KNOW WHAT YOU ARE?
YOU ARE A MANUSCRIPT OF A DIVINE LETTER.
YOU ARE A MIRROR REFLECTING A NOBLE FACE.
THIS UNIVERSE IS NOT OUTSIDE OF YOU.
LOOK INSIDE YOURSELF.
EVERYTHING THAT YOU SEEK,
YOU ARE ALREADY THAT."

- RUMI -

We enter and inhabit his verses, and they take us to another realm that nourishes our longing for spiritual connection and universal belonging.

Rumi's ecstatic poems have been inspiring people all over the world across different religions and belief systems throughout the centuries.



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CONTACT

You are welcome to email any questions to Peter directly:
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THE DRUNKEN MONK TOUCH POINTS

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