



THE DRUNKEN MONK

THE ART OF HARMONIZING YOUR ENERGY BODY

1 - DAY TRANSFORMATIVE WORKSHOP

SUNDAY 26TH OF MAY 2024,
IN AIR YOGA, ZURICH

AIR YOGA





ABOUT

From the grandeur of the mountain to the vastness of the ocean, to the tiniest seed in the soil... the entire universe pulses with vibrant energy. This life force resides in every cell of your being.

By giving attention to clearing and harmonising your energy centers, you are allowing your whole Being to flow and expand with a natural lightness. From such a space, whatsoever you create in your life will grow from healthy, positive and stable foundations.

Join Peter on this 1 day workshop to master the Art of Harmonising Your Energy Body! Delve into the direct practice of gentle, yet powerful techniques, including specialized guided meditations (microscopic orbit, solfeggio sounds), empowering affirmations and mantras, conscious movement, and zen self-inquiry. Through these practices, you will re-establish a natural harmony in your body, heal the mental-emotional patterns and put yourself into an uplifting space of free flow and inner inspiration.

With each step, you'll experience a growing sense of liberation, groundedness, and a revitalized flow of energy. We very much look forward to welcoming you on this transformative journey!





THEMATIC OVERVIEW

Reconnecting to your inner roots - Supportive grounding - Healing of your emotions - Entering the creative flow of life - Awakening the power of the sun within you

Unconditional self-love - Free and effortless self-expression - Connecting to your inner guide – Living your true potential - A whole realized Being.



BENEFITS

- Harmonize your inner energy & reconnect to your unique resources
 - Experience the natural waves of love, inspiration, joy and peace that lie within you
 - Release energetic blocks or self limiting beliefs which hold you back from expressing your unique potential
 - Re-discover a positive attitude and trust towards life
 - Enjoy a warm and supportive space, where you can blossom
 - Cherish the beauty of your unique Being
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THE DRUNKEN MONK

AGENDA

**AirYoga, Zurich | 26th of May 2024, 13-17.45 cet*

FOUNDATIONS

13:00 - Introduction *to the course and each other, setting intentions.*

13:30 : Energy Centers
introducing essentials & creating the foundations for energy work.

ACTIVATION

14:00 Conscious Movement (short)
Three movements to activate the auric field.

14:20 Microcosmic Orbit Meditation
An ancient and powerful meditation to open, balance and heal body, heart and mind.

14:40 Break

EXPANSION AND HEALING

14:50 Zen Self Enquiry
Mental & Emotional release.

15:50 Sharing Circle
Creating space for healing.

16:20 Break

INTEGRATION

16:30 Conscious Flow Movement (long)
Letting the energy and insights crystallise and settle in the body.

17:00 Sound Bath Meditation
A balancing guided meditation using the solfeggio sound frequencies

17:30 Wrap Up Sharing Circle

17:45 End

MAIN ELEMENTS





Energy centers (chakras) teaching

The chakras are known as the main energy centers of the body, aligned in an ascending column from the base of the spine to the top of the head. When all our chakras are open, energy can flow through them freely, allowing harmony to exist between the body, mind, emotions and spirit



As chakras are symbolized as a lotus flower, you can imagine your journey as a lotus -growing from the nourishing foundations of its roots towards the light above the water, to fully open its petals and release its unique fragrance – your inner potential, creativity and inner harmony.



Mantras & Affirmations

Mantras are sacred sounds or phrases with specific vibrational frequencies that resonate with each chakra, helping to activate and balance them. Affirmations, on the other hand, are positive statements that reinforce a desired state of being or belief, influencing the subconscious mind. By repeating mantras or affirmations during chakra work, individuals can enhance their ability to open, clear, and align these energy centers. This practice cultivates a deeper sense of self-awareness, emotional well-being, and spiritual connection, ultimately promoting overall vitality and balance in the body and mind.



Microscopic Orbit meditation

The Microcosmic Orbit meditation is a Taoist practice centered on guiding energy through the body's main energetic channels, forming a loop along the front (Ren Mai) and back (Du Mai) midlines. Practitioners focus on circulating this energy through acupuncture points and energy centers (Dantians), aiming to harmonize and balance their vital force. This foundational practice in Taoist traditions is believed to enhance physical, mental, and spiritual well-being, contributing to vitality, longevity, and spiritual growth. It's commonly integrated into practices like Qigong and Tai Chi.



Conscious Flow Movement

By combining gentle movements with focused awareness, practitioners can release blocked energy and foster a sense of vitality and balance. This approach draws from practices like yoga, dance, and Qi Gong to stimulate energy flow through the chakras. Through conscious movement, individuals aim to deepen their connection with their energetic body, addressing imbalances and experiencing greater emotional well-being and spiritual growth.



Self Enquiry

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.

Self Enquiry will support you by gently, step by step, clearing out the past blocks and any stuck emotions, to re-establish a natural balance in your body, heart and mind.



Solfeggio Chakra balancing (sound bath)

Sound bath is a practice that combines specific sound frequencies (Solfeggio) with chakra alignment. This meditation uses sound vibrations to resonate with and influence the body's energy centers, or chakras. The Solfeggio frequencies are ancient musical scales believed to have therapeutic and spiritual benefits. By integrating these frequencies with chakra balancing, the practice aims to promote relaxation, balance, and healing. This immersive experience lead to various physical, emotional, and spiritual benefits, making it a popular technique in holistic and alternative healing approaches.



Sharing Circle

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.

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



CONTACT

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

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