

THREE TREASURES

a transforming healing process



A nine-day workshop with Anutosho and Shivam

May 30 to June 7, 2019

at the Gayatri Mandir, Arillas, Corfu, Greece

LAUGHTER

3 hours - 3 days

An overflow of joy and happiness. Laughter releases our tensions and stress and connects us with our playful, creative, alive and joyful inner child. We look at all situations in life with a non-serious attitude.

TEARS

3 hours - 3 days

Tears are the language of the heart. Tears reach a deeper level. We carry so much repressed sadness, despair and anxiety inside of us and once we allow the tears to flow a tremendous healing happens.

SILENCE

3 hours - 3 days

Opening the space of who we are and connecting with our inner stillness. Silence is about watching our emotions, thoughts, body sensations and our breathing.

For more information please contact: anutosho@mysticrose-corfu.com
or nick@mysticrose-corfu.com