

Healing Vibrations with Sangitama

Slovenia, Postojna, 2024, 30.08.- 01.09 2024

@ Vanita's place

Euro 240,- incl. shared accommodation on the premises & vegetarian meal; not included: private accommodation



WORKSHOP, SESSIONS and HANG OUT

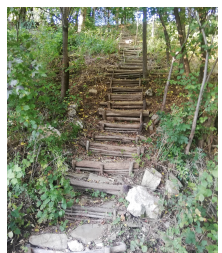
Often, we say that we get “touched” or “enthusiastic” when we listen to a song. It may even become an “ear worm” which we keep hearing involuntarily. In my experience we open up to the frequencies and messages that are held within this song, so that they resonate in all our cells. During this weekend we go a step further and explore songs and mantras, which open our hearts. Their words and melodies contain healing frequencies that we learn to express through our voice. As we practice to open our voice, the vibrations and our intent may create healing fields on energetic levels. To support this process, we also use gentle body vibration exercises and meditations to dissolve blockages, and let the healing reach every cell in our body.

This weekend you

- make a connection to your heart-felt voice
- practice songs that elevate your mood and energetic levels
- receive a seminar about the connection between music and healing
- learn the “healing vibrations meditation”, a combination of movement, emotional awareness, healing mantras, tapping, silence, sharing and self reflection.
- have open space for creativity: music and singing, poetry, drawings

The workshop is led by **Sangitama M. Huebner**, healing practitioner from Germany. She has a vast experience of working with people at the Humaniversity Netherlands, where she worked as Humaniversity Therapist and Mentor for 40 years.

The workshop **takes place in the nature close to Postojna, Slovenia**. It starts on Saturday 31st August in the morning at 9.00hrs with a get-together, and finishes on Sunday 1st September at 18.00 hrs. It is possible to come the evening before and stay overnight.



The course will be held in English and translated in Slovenian. During workshop vegetarian food and snacks are provided.

*Participants are invited to sleep on the premises, in the yurt in a shared room, and bring their own sleeping bag, or rent a room close by (not included in the fee).

More about Sangitama: Presently she explores the healing power of music and meditation. She creates online and live singing circles for healing purposes (energetic healing, forgiveness, gratitude or farewell). Her passion is to support people to overcome

their shyness, and get a taste of the freedom that comes through authenticity. During her workshops she integrates methods singing, mantras, Humaniversity Social Meditations as well as other meditations, body flow (vibrational body work), touch and massage.

For all enquires and information you can reach me on ninavanita@protonmail.com

Additional information: Closest AIRPORTS are Trieste (Italy), Ljubljana (Slovenia) or Zagreb (Croatia). From there I will help you arrange transportation. I can pick you up in Postojna. You are welcome to come and stay longer or you can also rent out room in neighborhood.

AFTER THE COURSE IT IS POSSIBLE TO:

SEE SANGITAMA FOR A SESSION:

Individual Sessions with Sangitama – Psychokinesiology

You receive guidance to explore the connection between physical symptoms and their message for us. These may express through the body inner conflicts, which needs to be seen. Based on this understanding we may now able to correct our lives and create a loving attitude and approach towards ourselves and the conflict-solving solutions. We use muscle testing, an energetic method*, that in my experience shows the underlying stress factors connected to those symptoms or imbalances.

*My method belongs to the experiential medicine. The effect is not proven in a scientific sense of academic medicine with randomised, placebo-controlled double-blind studies.“

For individual sessions contact directly Sangitama:
marionhuebner123@yahoo.com

Session Fee: Euro 90,- for 90 minutes.

For more information about Sangitama and her work check her website:

www.marionhuebner.eu

For more information about the workshop watch this video on youtube:

You can copy/paste this video for more information:

<https://youtu.be/9kIvqfIrGW4>

and/or read more below:

