



Freitag 22.06.2018

Jesuitenwiese im PRATER 1020 Wien

Atme dich frei in der Atmerei

ATMEREI: 19:00-20:00h

Aktivierende Chakrenmeditation mit Tönen

Renate Licenik

Open Floor -

Embodied Movement Practice: 20:00-21:30h

Griet Verstraete

Open Floor is a conscious movement meditation.

Through dance we connect to ourselves and others, to community and to spirit.

Take YOUR time... in the middle of a hectic world. Explore possibilities.

Using our breath as the starting point.

Beitrag: 10€

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Weitere Atmerei Termine: 28.09.2018, 14.12.2018

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