

LifeWorks Somatics presents

OSHO™ Reminding Yourself of the Forgotten Language of 'Talking to Your BodyMind'

For 7 days, one hour a day, an ONLINE guided meditation process

23-29 December 2019

08.00—09.15 am daily

with Nikhila M Ludlow

At this, the dark time of year, are you feeling a bit frazzled or exhausted? 'Wired yet tired? Disconnected? Feeling out of sorts? Do you Long to turn inwards away from the dazzle and bustle or the hum-drum of daily life and the long hours of darkness? Here is an opportunity to follow the natural desire of this the dark time of year, to turn our attention inwards and seek and find the nourishment of connecting to our Inner Being, to flow with - rather than against—nature, into the darkness of winter. To find stillness and peace, connecting deeply from yourself to yourself.

The process is done in silence, sitting or laying down. You will be guided and invited to make friends with the different parts of your body, and also your mind. You will become aware of how your mind, its thoughts and feelings, express themselves through your body—e g through pain, disease, addictions. You will learn to mobilize your own capacities to heal yourself, and you can relax deeply.

Talking to the body, listening to its messages, communicating with it, is an ancient Tibetan practise, which modern medical scientists are now recognising as powerful and meaningful. The mind can affect the condition of the body, just as the condition of the body can affect the mind.

Nikhila studied and then trained in this process many years ago, recognising and benefitting deeply from its wisdom and simplicity. Always previously being awkward to share due to it's unusual structure, now via Zoom it can be done easily from the comfort of your own home.

So, if you, feel the desire to turn in and tune in at this time of year, come and join us in developing our relationship with our body—our temple for this lifetime. We will learn to hear its deeper messages and discover a renewed capacity for self-healing through this self-hypnosis technique.

"Love. Live in the body intimately and deeply. Feel the body more and let the body feel more.

It is astonishing how many people are almost completely unaware of themselves physically.

The body is suppressed and denied life too much, that is why I insist go back into the body and regain the wonderful joy in its movements, sheer movements.

Make it a meditation and you will be enriched

beyond comprehension."

- Osho, 'A Cup of Tea'

Cost: £45—concessions £35

Booking: info@lifeworks4.me.uk
07989 394904

Upon receipt of payment a Zoom meeting link will be supplied. You do not need your own Zoom account, you just click the link. Easy!

Nikhila is a certified Holistic Counsellor, Feldenkrais Practitioner and is a trained facilitator of Osho® Meditations.