

RESILIENCE NEEDS ROOTS DEVELOPING A SILENT PLACE INSIDE

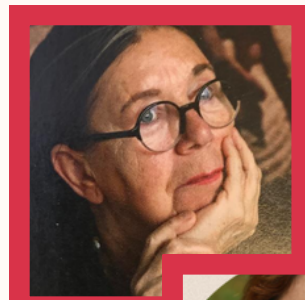


FRIDAY 5TH SEPT 4PM
SUNDAY 7TH SEPT 1PM
2025

MAITREA, TÝNSKÁ 6, PRAGUE 1
CZECH REPUBLIC

RIA VERLINDEN
LENKA MÍKOVCOVÁ
OLI NEŠPOROVÁ

WORKSHOP IN PRAGUE



Ria



Lenka



Oli

→ **Save the date in your calendar**

Details and price to be confirmed in April

The needs for Safety, Belonging, and Recognition define what it means to be human. When these needs are unmet, we experience fear and uncertainty, becoming less attuned to our hearts, minds, bodies and souls. This disconnection weakens us, leaving us vulnerable and more likely to follow leaders who promise quick and easy solutions.

How and where can we find sources of courage and self-esteem? How can we discover a silent place within ourselves? How can we connect with others in a way that fosters strong and healthy relationships?

This workshop is designed to help you reconnect with your own strength and true nature. It provides you with techniques to cope with life's challenges, empowering you to find your own courage and to build meaningful connections with others.

Grounded in a systemic approach, ancient wisdom and rituals, this workshop considers the broader context of our lives. It offers deep reflection and valuable resources for regeneration. By consciously exploring life's dynamics, participants connect with their family roots, interweaving soul, body, mind, and heart.

RESERVE a place in advance by registering at: lenka.mikovcova@gmail.com