



INVITATION

Sat Nam Rasayan Intensive with Ambrosio from Madrid

Prana and the five Elements within your Body

Healing happens mainly through the physical body with its five elements. Their interactions are mainly influenced by our prana. Occasionally, we have a tendency to neglect the physical body, overlooking that healing should also be mirrored within the physical body.

Projecting the Prana through the Healing Space

This weekend we will be researching how to sense prana, and how moving prana will impact the five elements and express itself within the physical body.

Dr. Ambrosio Espinosa is a medical doctor and chiropractitioner, and teaches Sat Nam Rasayan in level 1 and 2. Together with Guru Dev Singh he taught his first SNR-workshop in 1991 at the European Yoga Festival. He authored the book "Sat Nam Rasayan – The Art of Healing" together with Guru Dev Singh. He lives in Madrid and travels the world teaching SNR.

Date: **22. / 23. April 2023**

Location: **Rote Fabrik**
Brunhamstraße 19A, 1. Stock
81249 München - Neuabing

Time: **Saturday 10:00 – 17:30 Uhr**
Sunday 09:00 – 16:30 Uhr

Price: **200 € for both days together / 110 € for a single day**

Registration: **Gertrud Burger, muenchen@sat-nam-rasayan.de**

!! No practice clients for this weekend !!