

## Metamorphosis workshop with certificate

Learn a specific massage technique, developed by Robert St. John, that not only supports physical wellness but also spiritual consciousness. Reflex-zone therapy releases tension and stress and brings realization about events that occurred before birth. We learn to activate energy points on the feet, hands and head. One can learn these techniques for one's own personal well-being; they are helpful both for family and work life.

Date: Sat., 27.06.2020, 10.00 am to 5.00 pm (minimum of 6 participants required for the course to take place)  
Energy compensation: 66 Euro

## Way of the Soul-Workshop

Combining theoretical and practical exercises we will embark on a journey of self-discovery. Allow yourself to discover your soul and broaden your horizons through this practice.

Date: Sat., 28.11.2020, 10.00 am to 5.00 pm  
Place: Rehbrücke, energy compensation: 75 Euro

## Teachings and Recipes of Hildegard von Bingen in Bergholz-Rehbrücke

Theory and practice: Baking with the recipes of Hildegard von Bingen. Everything, that we bake during the workshop, can be packed up to take with you or eaten throughout the day.

Doing that we can escape all the stress of the Christmas season and take joy in the moment.

Date: Sat., 17.10.2020, 10.00 am to 06.00 pm  
Energy compensation: 99 Euro (incl. ingredients)



Qi-Gong and Tai-Chi courses by request!

## Tibetan evening

Get to know Tibetan culture as well as regenerative techniques through meditations, healing mantras, medicine Buddha, the 21 Taras and much more.

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Nuthetal-Dates: Friday, 08.05. and 10.07.2020 from 5.00 pm to 6.30 pm; Sat., 26.09.2020 from 4.00 pm to 5.30 pm  
Potsdam-Date: 06.11.2020 from 5.00 pm to 6.30 pm  
Energy compensation: 15 Euro

## Tibetan tap massage

Our life consists of vibrations that run through our body like waves. The Tibetan tap therapy aka tap massage is among the oldest forms of therapy in the world. This massage technique is based on the healing knowledge of Tibetan monks. Gentle hand techniques are used to bring your body's vibrations into harmonious oscillation. These techniques will relax you in order to lower inner barriers. Thereby, the body releases increased levels of positive hormones that stimulate and detoxify your body. You will learn the treatment methods on the musculoskeletal system. We will apply these methods on reflex zones or particular segments of the body. At the end, you will receive a certificate and a script.

Date: Sat., 22.02.2020, 10.00 am to 6.00 pm  
Energy compensation: 88 Euro  
Instructor: Brigitte Sprick

## Tibetan Workshop Theory and Praxis

Getting to know the Tibetan culture, Learning meditations, Yoga exercises Lu Jong Heilmantras and much more. Also a small Tibetan cooking class with the traditional Momo food takes place on Sunday. We make momos and then enjoy them together.

Date: Sat., 05.09.2020, 10.00 am to 06.00 pm  
Sun., 08.09., 10.00 am to 06.00 pm  
Energy compensation: 88 Euro

## Mantra-singing with Brigitte

Just come by, we sing together.

If you feel like it, you are welcome to bring an instrument.  
Dates: Wed., 04.03., 09.09., 07.10.2020,  
07.00 pm to 09.00 pm  
Energy compensation: 10 Euro

## Yogamednastic Potsdam – individual teaching in small groups

Monday: 09.30 – 11.00 am and 6.45 – 8.15 pm

Wednesday: 08.30 – 10.00 am and 5.00 – 6.30 pm

Thursday: 6.45 – 8.15 pm

## Yogamednastic Rehbrücke

From March:

Tuesday 09.00 – 10.30 am

Energy Compensation: 13 Euro

## Meditation class

A variety of meditation forms in motion, in stillness and in guided journeys to oneself or alternate spheres

Date: Wed., 22.01., 19.02., 27.05., 26.08., 18.11.2020

Each from 7.00 pm to 8.15 pm

Energy Compensation: 10 Euro



## Autogenic training and progressive muscle relaxation

## Learning the techniques to self relaxation

Date: Wed., 08.01., 08.04., 13.05., 24.06., 12.08., 16.09.,  
11.11., 16.12.2020, from 7.00 pm to 8.15 pm  
Energy Compensation: 10 Euro



## Retreat “time away from hectic”

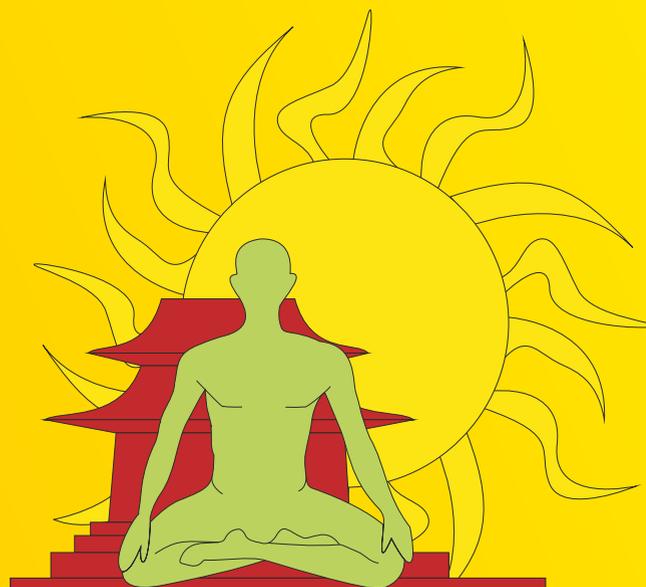
Will be announced separately,  
just look at the homepage from time to time!



# Events calendar 2020

## Practice for a “new consciousness”

Namaste! Buddha/God bless you! Tashi Delek!



## Aura-Sonnentempel

Brigitte Sprick Relaxation instructor

Reiki master • Massage therapist

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Consultation • individual • couples & families • businesses

## The first Reiki degree

What is Reiki? How does it work? The history, theory and practice. Study on the positions, the four inaugurations into heart, throat, forehead and part Chakra. Everyone, who is interested in providing something beneficial for themselves and their family, can reach the first Chakra degree. These inaugurations will take place on either one or two days depending on the energy oscillations. Therefore, be sure to plan an extra day into your schedule. This training takes place with a maximum of two students, because we want to provide an individual experience.

*Date: Sat., 18.01., 14.03., 01.08., 12.09., 10.10.2020*

*Each from 10.00 am to 6.00 pm*

*Energy compensation: 250 Euro (incl. VAT)*

*Refresher: 180 Euro*

## The second Reiki degree

Refresher of the first Reiki degree and study of the three symbols and Mantras. Through this degree you will gain the ability to give distant Reiki and to work on a mental level. At the same time, your Reiki-energy increases many times over. This degree is taught individually. It requires a minimum of six months continuous work with the energy following achievement of the first degree.

I expect responsible behaviour.

*Dates: Sat., 29.02., 18.04., 15.08.2020*

*Each from 10.00 am to 6.00 pm*

*Energy compensation: 400 Euro (incl. VAT)*

*Refresher: 300 Euro*

## The third Reiki degree

The third degree consists of two separate parts: the master and the instructor degree. You can book each part separately. They are each regarded as a complete training. One year of practice in which you have worked with energy and have trained your consciousness is a requirement for this class.

## The Reiki Master degree

In this degree, we will go back to what we learned for the first and the secondo Reiki degree. Only after then, you will get initiated into the master degree. This will augment your energy potential. We offer an individual process which eventually leads to the master symbol and the fitting Mantra. This is the path of wisdom and understanding and the promise to act responsibly with it. One year of practice in which you worked with what you have learned in the second Reiki degree is a requirement for this class.

*Date: Sat., 13.06.2020*

*Energy compensation: 730 Euro (incl. VAT)*

## The Reiki instructor degree

With this degree, you will gain the ability to inaugurate students into to the paths of Reiki yourself. You will learn the process and all the rites of the inaugurations. By doing that, you will also train your deeper consciousness and receive new insights into Reiki. This will take about one year. During this time, we will offer individual classes. It is important to go on consciously and treat both energy and the force of Reiki responsibly.

*Date: 11.07.2020 start, lasts one year on different days and weekends, very intensive!*

*Energy compensation: 2000 Euro (incl. VAT)*

## Reiki exchange meeting

Apply what you learned and pass it on – everyone is more than welcome, both practitioners and laymen.

*Potsdam-Dates: Wed., 26.02., 22.04., 20.05., 15.07., 23.09., 25.11.2020, each from 7.00 pm to 9.30 pm*

*Nuthetal-Dates: Sat., 25.01., 20.06., 24.10., 19.12.2020, each from 4.00 pm to 6.30 pm*

*Energy compensation: 15 Euro (incl. VAT)*

### General information about training

For each training, you will receive scripts that help you to understand the several steps of the training. In addition to that, I will be available for further assistance after each ses-

sion. Even so, everything will be explained comprehensibly and practically based. I am looking forward to the training with you and the development of the human consciousness. Namaste!

## Tamding Arts

Live Concert and Tattoo-Sessions and an Workshop of Tibetan Calligraphy; exactly informations will coming soon on my homepage!



## Workshops

Bring your body, spirit and your soul into balance. With the help of Chakra and mediumistic teachings, we can balance our energy fields.

## Chakra doctrine

**Introduction to the world of Chakra – theory and practice**

The 7 principal Chakras from root Chakra to crown Chakra  
*Dates: Sat., 07.03., 16.05., 06.06., 08.08., 19.09., 14.11., 05.12.2020, each from 10.00 am to 1.00 pm*

*Energy compensation: 25 Euro, refresher 15 Euro*

## Stress management

Theory: How do we create stress and how do we prevent it?

Practice: You will learn breathing and relaxation techniques.

*Date: Sat., 08.02.2020, 10.00 am to 6.00 pm*

*Energy compensation: 88 Euro*

## Yoga therapy

Integral prevention! Yoga therapy is an individually coordinated practice of Yoga going along with meditations, Chakras and fitting techniques of both breath and movement.

*Date: Sat., 04.07.2020, 10.00 am to 6.00 pm*

*Energy Compensation: 88 Euro*

**Bookings for both workshops are also possible for companies as an inhouse event.**

## Massage workshops

After an internal oral and practical exam, you can earn yourself a certificate for massage / wellness. On the first day, you will learn the classic massage techniques referring to back, nape and head. In addition to that, the human anatomy is another focus of this workshop. You will learn activities on perception and stretching. On the second session, we will repeat what we have learned and reinforce it. Additionally, you will learn basic techniques for both feet and legs.

*Date: Sat., 21.11.2020, 10.00 am to 5.00 pm,*

*Sun., 22.11.2020 10.00 am to 3.00 pm*

*Energy Compensation: 250 Euro*

*More events, consultations, workshops and courses will be updated on my homepage. Due to changes of place and time, please check my homepage or address me directly via phone or e-mail.*

