

Tibetan Breath Meditation

The Five Tsa Lung Exercises

With Sydney Leijenhorst

In Eastern traditions, body and mind form one whole. The vitality of our body is seen as fuel for the mind. If we worry, or get frustrated or sad more often than seems healthy, there is by definition something wrong with our vitality: either we don't have enough, or its flow is blocked. Sometimes meditation, a good talk or psychotherapy don't help.

Our vitality is directly connected to our life breath (lung) and our breathing. Using specific yoga movements and breathing techniques, in combination with open awareness and self-awareness, we can bring ourselves back into balance at the level of that inner fuel or vitality. Then we can reclaim our psychophysical health.

That also leads us –spontaneously– to resting in the open nature of our mind. In this open nature, the difference between body and mind, self and other, and other seemingly dualistic pairs dissolves, and inner conflict disappears.

The tsa lung exercises are a set of five simple, well-documented breathing exercises, paired with movements, that lead into silent meditation. They have a healing, liberating effect on various 'hot spots' in the connection between body and mind, as well as on the corresponding emotional and mental dimensions of who we are and how we live.

Sunday, 8 January 2012, 10:00 – 17:00

KenKon, Nieuwe Kanaal 11, Wageningen

Registration: info@kenkon.org / www.kenkon.org

Fee: € 50 + voluntary donation;

Reduced fee (KK members/students/minima):

€30 + voluntary donation

Fee includes course materials and beverages

Taught in English and Dutch, as participants require.

**Open to anyone interested in meditation,
breathing exercises and yoga.**

