

CO-INQUIRY FOR RESONANT CONNECTION

WITH THE PURPOSE HOW TO BE A HUMAN FOR ALL LIFE TO FLOURISH



Spiritual Ecology Practice Sessions

Facilitated by Annick Nevejan

Online once a month on Wednesday evening from 19.30 until 21.30

With these practice sessions I want to co-create a human space for resonant connection; to orient ourselves towards reciprocity and mutual thriving, to internalize the reality of our interdependence and to discover and strengthen our alignment with our purpose in life. How? By offering meditation, mindful inquiry and insight dialogue that enables us to explore, heal and reconnect with ourselves, each other, and the web of life. You will learn mindful communication skills, like our capacity to listen truly, both inwardly and outwardly in relationship with others. And we explore questions that are meaningful to us in pairs (in break-out rooms) and the group-as-a-whole.

The practices are informed by my more than 30 years of Dharma practice in Tibetan Buddhism (Mahamudra), Insight Dialogue (by Gregory Kramer), Sacred Inquiry (by Adyashanti) Systems-Centered Training (by Yvonne Agazarian), mindfulness, compassion & insight practices (as lead tutor of the Mindfulness Association), The Work that Reconnects (by Joanna Macy)

To participate some experience with meditation is helpful (minimum 8-week course mindfulness or equivalent experience of meditation)

Dates: 24 Jan./ 28 Feb./ 27 March/ 8 May 2024 from 19.30 until 21.30

Language: The spoken language is English

Costs: You sign up for all 4 sessions which is € 100, - ex 21% VAT in total.
Early bird fee before 1st of January 2024 is € 80, - ex 21% VAT.
Students can join on donation basis.

To register Send me an email at anevejan@xs4all.nl if you want to join these practice sessions. Feel free to contact me also if you have any questions or want to explore if it is something for you to join

www.spiritualecology.nl & www.nevejan.net