



Spaces of Belonging



longing



**Finding connection
and healing in a
temporary, urban
refuge**

Spaces of Belonging

Sat, 8.10.2022

Zen Lab Leipzig

www.zenlableipzig.de

hallo@zenlableipzig.de

Sat, 5.11.2022

Zendo am Fluss, Luzern

www.zendoamfluss.ch

info@zendoamfluss.ch

Sat, 3.12.2022

Akazienzendo Berlin

www.akazienzendo.de

info@akazienzendo.de

14 – 18h



Spaces of Belonging – Through the practices of sharing, caring, guided meditation, Zen sitting and walking meditation, Yin Yoga and Yoga Nidra, we will practice slowing down and resting in the here and now.

In a shared space, we will have time to explore what spaces of belonging mean to each one of us. We will slow down to notice the quiet and safe space within all of us. And we will share and listen to each others experiences. Guided meditations as well as silent Zen sitting and walking meditations will help us to calm the nervous system. We will practice Yin Yoga and Yoga Nidra to give our bodies a good stretch and deep relaxation. No prior knowledge needed. Come as you are. In German (and English on request).

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Why?

Suffering, individually as well as collectively, is very apparent at the moment: climate catastrophe, social injustices, the effects of pandemics, growing feelings of loneliness, political decisions we do not agree with. We can counter this with individual as well as collective exercises to restore our sense of being able to heal from past experiences and to strengthen the power and love we need to take action ourselves. We will practice tools to help us become more resilient in these difficult times. It is only from a nourished self that we are able to engage in sustainable action for a more just world, for all people, animals and nature.

For whom?

For anyone who wants to do simple but deeply nourishing practices. People from the LGBTQ+ and BIPOC communities, people with disabilities, people who have experienced trauma, people who have no financial means for the usual wellness offerings, or people from any other marginalized community should feel especially valued and welcome here.

(Please be aware that this is not a therapeutic program. If you have serious health concerns, it is advisable to let us know beforehand and contact your health care provider before attending).

Amanda Nadja Haas Halim (she/her)

has been Zen and Yoga student for most of her life: She stayed in a Zen monastery in Japan for the first time in 2005 and has followed this path ever since. She is a student of Bernd Bender at Akazienzeno. She is also guiding Yoga and is practicing as a graphic designer in her own studio and has a publishing house. She considers it her calling to bring wellness activism, as well as social and environmental justice work to people.

www.instagram.com/internalpractice
www.facebook.com/internalpractice
www.internalpractice.com/spaces-of-belonging





What should you bring?

No previous experience is necessary to participate. Simply bring loose, comfortable clothing. Please talk to us if you have any concerns/questions. We would love to welcome you to the class.

Costs?

Donation based (suggestions):
15€ little resources/low income
25€ regular income
40€ as a supporter (help others with less taking part in this course).

Lack of funds should not discourage anyone from attending.

Please register by email to the respective places.
Or: info@internalpractice.com

**All welcome.
Come as you are.**



with a receptive and warm heart