Psicology and Meditation Laboratory

Pathways to Self-Awareness

A lion thought he was a sheep: he was brought up by sheeps until an old lion captured him and took him to a pond, where he showed him his own reflection....

Inner Child, Inner Judge and

Personal Value

Experiential Intensive Group Week-End

from November 23th to November 25th

Yoga Solare Surya Namascara Center

Monopoli (Bari - Italy)

by Marianna Naimo (Psichotherapist)

A long experiential week-end to meet important dimensions of our personality, the **Inner Child (** Its Vulnerability and Fears) and the **Inner Judge** (Its Judgements and Fixed Behaviours) to open the doors to **Personal Value**.

All these activities - performed inside the silence of mediterranean country - will be integrated by active meditations and relaxation.

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