

FREE MIND TRAINING WORKSHOPS FOR STAFF MEMBERS OF THE UN, NATO & EU PARLIAMENT



In preparation for Grace Ndiritu's performance *A Meal For My Ancestors: Healing the Museum* which will take place Sat 20 & Sun 21 January 2018, staff members of the UN, NATO and the EU Parliament and those that work directly with refugees; are invited to two free workshops on mind training. These workshops are open to everyone regardless of experience, who wants to work deeply with their own 'demons'. It will provide you with a thorough grounding in this remarkable method for transforming and befriending negative emotions, fears, illness and self-defeating patterns. You will be introduced to the radical notion that to heal and transform ourselves we must 'feed' not fight our demons and instead use a simple process of psychological integration called 'Feeding The Demons'. The classes will be conducted in English.

ThalieLab
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1050 Brussels

Please email
claire.moloux@thalielab.org
to RSVP your place

Monday 20 Nov - 19h to 20h
Monday 4 Nov - 19h to 20h

You are free to attend both or just
one workshops
it's up to you



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