

**SUNDAY, 25<sup>TH</sup> APRIL 2010 / 11.00 – 12.00 a.m**



## **EXPLORE-SELF MEDITATION**

**YOGA AND SELF ENERGY**

**HEALING MEDITATION**

**WITH KRISHNA CHANDRA DAHAL**

The idea of the package program is to build up the energy inside, build confidence and heal the self. It contains three sections: first part is simple *physical yoga* (for body flexibility and body clearing), second part is *Prana-breathing yoga* (for purification) and third part is *meditation* (self healing energy meditation).

**KRISHNA CHANDRA DAHAL** from Nepal is currently studying for masters in International Social Sciences in Friedensau, Sachsen-Anhalt Germany.

"Are you wondering for spiritual cultivation to explore joys, happiness, peace and love? I want to provide spiritual practices and work for you with spiritual art of living to uplift energy and consciousness. To extend my services and dedication around you, I need your kind support and spiritual willingness to step into the journey of self-inward. My motive is to serve human being to explore consciousness of universal wholeness. I have been practicing Yoga and Meditation for long time and I have knowledge in Tantra, Mantra and self energy healing. I have spent I have spent around 15 years in research, study and practice in the spiritual field that helps to explore different techniques from Vedas to explore self. I'm available anywhere around Berlin to visit individuals or groups to provide service in weekend from Friday evening to Monday Morning."

**The language of instruction is English.**

Fee: 15 Euro, 10 Euro reduced

Contact: [mr.dahalkrish@gmail.com](mailto:mr.dahalkrish@gmail.com)

After the  
"explore-self meditation"  
different forms of  
**Wellness Massage** (1 h)  
are available. Please apply:  
**0160 / 21 49 703**

Deeper tissues massage:  
50 Euro

Energy transferring  
Yoga massage: 60 Euro

Chakra cleansing  
Tantric massage: 70 Euro

