



# THERAPEUTIC MEDITATION

Meditation is the art of listening to yourself in silence. It is the wisdom of concentration to awaken consciousness, and be able to enjoy the beauty that is within us and in what surrounds us to live fully.

It is the authentic medicine that allows us to heal our body, our mind and our soul.

We invite you to accompany us on this path, from this experience we will help you interpret all the information you receive from the universe so that you can gradually heal your internal wounds and be able to live from your essence.

## WHAT DO YOU NEED

comfortable clothes

## SCHEDULE

Tuesday: 17.30 a 19.00  
Wednesday: 20.00 a 21.30

## PRICE

30 €/month