



Invitation to the seminar

Zazen and experiencing my voice

with Antje Härle

Saturday, May 18, 2024 from 09.00 to 2 p.m.,
Sunday, May 19, 2024 from 9 a.m. to 2 p.m.

Training location:

Living Moment e.V. - Zossener Str. 31 - Remise 2.Hof - 10961 Berlin

Program:

Zazen (Zen meditation while sitting), body, breathing and voice exercises, text work or lecture.

What happens during these two days?

Per-sonare = resonate

As a person, you become acoustically visible when you allow yourself to be a resonating body for every imaginable vibration. You could also call this seminar the voice permission seminar. Zazen is enormously beneficial to this level of vocal experience and is the basis of the entire process.

Please bring

Comfortable clothes or training clothes (Gi and Hakama), blanket, text that you love (fairy tale, song text, article, poem, ...), notebook or pad and pen.

Participation is only possible for the entire seminar, interested parties are kindly asked to consider and respect this before registering. Written registrations are binding.

Minimum six, maximum twelve participants.

Binding registration and payment of the course fee of € 140, or € 120 for Living Moment e.V. members, is requested.

Deadline for registration and payment: **May 04, 2024**

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Bank account: Living Moment e.V. - IBAN: DE22100900002803912001 - Usage: Voice

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