

INDIVIDUAL SESSIONS WITH KOMALA

Wednesday 21st and Thursday 22nd and Friday 23rd April 2010.

Komala can give Hara Awareness Massage sessions. She would like to offer also Counseling Session. It's a session where people can bring a situation that is unclear and by meeting she see what kind of technic to use, which can be communication, gestalt, energy reading, energy releasing and also Hara Awareness Massage. Komala propose also sessions of „Craniosacral balancing“.

It can support people with unresolved situations in relationship or any situation where one feels stuck and wants more clarity, that is also an one hour session.

OPEN SESSION

An open session may use any appropriate method - Counseling, Mirroring, Energy Reading, Emotional Awareness, Body and Voice Expression, Gestalt, Hara Awareness Massage, Cranio Sacral Balancing, etc... to help you explore your current life situation.

If you have an specific life issue, whether its relationship with someone, with life or with yourself, we bring the situation into clarity and find ways to disentangle the action and the energy involved. The energy can become free and available for your going forward into the next steps which are waiting for you in your life.

HARA AWARENESS MASSAGE

Hara Awareness massage is a soft energy based body work to bring awareness to the Hara. Hara is the source of our vital energy, present in the belly, two centimeters below the navel.

Hara Awareness Massage works through energetic opening, by touching and pressing points along the body and a deep and gentle massage in the abdomen. In the abdomen we store tensions and unresolved emotional experiences.

The massage, in combination with open communication of what is moving inside, supports the client to bring awareness to the physical, emotional and mental levels and to reconnect the essential qualities of trust and presence.

DYNAMICS IN RELATING

Dynamics in relating works with issues around relationship; with lovers, family members, coworkers, friends and with yourself. Usually in relationship we are emotionally and energetically too closely entangled with the other. That brings difficulty in relating to the situation with clarity and in recognizing the real feelings that are involved. Therefore we are not able to communicate our needs in a clear way, and end up blaming and judging the other, or feeling like a victim of life circumstances.

This session will support you to see what is your relationship dynamic and the roles you play, finding creative ways to move into new dimensions of relating.

(individual or couple session)

ENERGY READING

In this session you receive a diagnose of your energy based on the chakra system.

The Chakra system is a way to describe the development of human consciousness, at the physical, emotional, mental and spiritual levels.

The energy reading will reflect the way you are experiencing your life in the present moment.

We will use verbal communication and appropriate techniques to bring clarity to the issues that comes up and to balance and align those energies.

Price 60 EUR.

For more information call cell phone: +420 723 253 757 (Zita).

DRUNA – NÁHORNÍ PLANINA, Karlovo náměstí 24, Praha 1.

More informations at www.druna.cz, ziita@seznam.cz or on tel. number +420 723 253 757 (Zita)