

# *A journey into the ancient Wisdom of the Elements*

*through the practice of Tibetan and Chinese Yoga & Meditation*

*Seminar with Sydney Leijenhorst*

*9<sup>th</sup> - 11<sup>th</sup> december 2011*

Sydney Leijenhorst has practiced martial arts, meditation and yogic arts for more than three decennia. He practiced qigong with various Chinese and European qigong teachers such as Zhang Yu, Lu GuanJun, Shen HongXun, Yang Jwing Ming, Chris-sie Coburn Krzowska and several others. He is deeply connected to several Tibetan Buddhist traditions – particularly the Kagyu and Bön - through which he received another stream of ancient teachings on the yogic and meditative awakening of the five elemental qualities of our body-mind. In addition he engages in modern day encounters between ancient spiritual traditions, modern psychology and today's culture, that offer their own insights and methodologies.



*friday: 20.00-22.00*

*saturday: 10.00-18.00*

*sunday: 10.00-15.00*

*Price: 120,- Euro*

*Gymnastikhalle Königsstieg (KGS), Göttingen. Map: <http://www.goju-goettingen.de>*

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