

# Orizon Center for Life & Creation

Where personal growth is encouraged to emerge

## Workshops & Seminars 2015 PROGRAMS

### Giving Birth To A New Awareness

Easter seminar by Ingrid Margarita  
10th - 17th April, 2015

Allow yourself in the special light of Crete, through the special gift of Crete and her strength which she vibrates out, to establish a connectedness to your truth in your present time. The seminar is designed that you will also have an opportunity to join the Easter Sunday celebration with the family at the village and to attend the Cretan fire ceremony at the church.

### Spheres of Light

Workshops & Meditative Journeys  
with Philip Wade & Ingrid Margarita  
4th - 14th May, 2015

Spheres Of Light and Infinite Silence are profoundly simple, yet powerful, spiritual gifts that aid in Elevating Human Consciousness. Engaging with SOL IS raises your consciousness bringing spiritual-growth, insight and healing consistent with the shifts you make. Join our workshops & meditative journeys on Crete.

### Tantra Teachers Training

Training Part 1-2  
with Mahasatvaa Ananda Sarita & Suta Bodhisatvaa  
21st May - 3rd June & 6th - 19th September, 2105

It is important for the well-being of people everywhere that quality Tantra spreads to as many places as possible to help evolve consciousness, love and bliss in this world. This training will also empower budding teachers to evolve their own creative style of Tantra teaching.

### Oneness Meditation

Workshops with Monika Fitos  
5th - 9th June, 2015

A series of workshops to learn about the Oneness Phenomenon, the vision of Oneness, Sri AmmaBhagavan, the deeksha, the OM, and the Sacred Chamber process with exercises, meditations and ceremonies to connect all participants with their real essence.

### Dance - Crete - Focusing

6 days seminar by Ulrike Boehm & Martina Sagmeister  
8th - 13th June, 2015

A week with movement, dance, focusing, hiking, sun and sea, enjoy the beauty of the landscape, explore nature and let your mind wander! In this seminar (approximately four hours per day) Ulrike and Martina will encourage us for free, improvisativ dancing, to give rise to our own movement and follow impulses.

### Finde zu deiner inneren Kraft

7 Tage-Seminar  
by Sandra Blabensteiner & Ingrid Margarita  
19th - 26th June, 2015

In dieser Woche zeigen und helfen wir dir deine Kraftplätze zu finden, im Innen (mittels Visualisierungen, Übungen und Meditationen) und im Außen (mittels Körperwahrnehmung und schamanischen Übungen). Du lernst, diese auch jederzeit bei Bedarf selbst zu finden bzw. aufzusuchen.

### Hawaiian Massage Training

5 days seminar by Susanne Schwing  
20th - 24th July, 2015

The master healers of old Hawaii knew that there were special ways to release the power of the body so that physical, emotional and mental healing would take place. You will experience the spiritual healing energy of the Hula dance and learn the light hence amazingly deep touch of the Kahi Loa healing system, and finally the graceful, deep physical oil-massage of Lomi Lomi Nui.

### Let It Be - Healing Your Feelings & Emotions

Seminar by Ingrid Margarita  
Ask for dates

A special program where we can find a space in us, in our heart where we can embrace what is without judging or suppressing. We find the root of the problem and transform it through meditation, energy work, dance, painting and consciousness-raising activities. We do meditative journeys to our inner world as well as special places on our beautiful island of Crete.

### Dance - Meditation - Empowering on Crete

7 days seminar  
by Martina Sagmeister and Ingrid Margarita  
27th September - 3rd October, 2015

Enjoy to experience the powerful energies of nature on the island of Crete through dancing improvisation, guided meditations and walks. Excursions to holly power places which served people since ancient times for contemplation and transformation. Get support from nature for developing a loving unit with yourself and accelerate your development process.

### Connecting with The Strength of Nature

7 days seminar  
by Petra Gehlen & Gudrun Geiger-Krause  
4th - 11th October, 2015

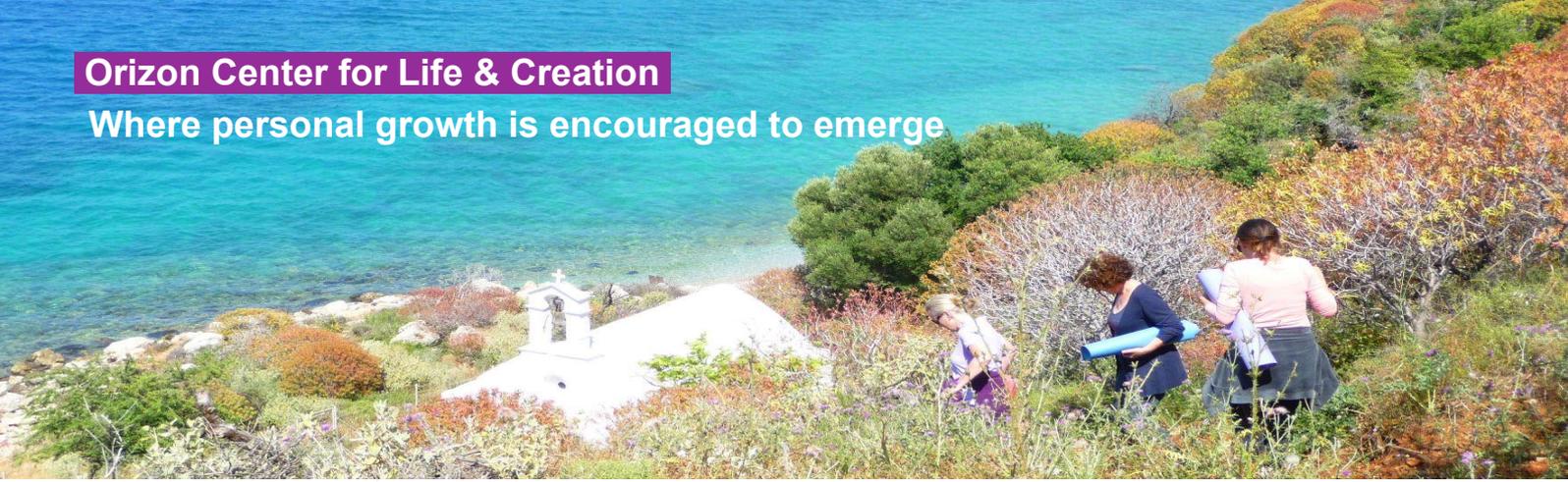
An introductory seminar based on shamanic tools and exercises to become centered and connected with the strength of nature. Vesseling Practitioners Petra Gehlen and Gudrun Geiger-Krause will be our hosts to support the healing work.

Please contact us for further information or booking by email: [ingrid.orizon@gmail.com](mailto:ingrid.orizon@gmail.com) or call (+30) 697 414 3598

Programs are subject to change. Updated information at [www.orizoncenter.com](http://www.orizoncenter.com) and on [facebook.com/OrizonCenterForLifeAndCreation](https://www.facebook.com/OrizonCenterForLifeAndCreation)

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## Events & Meetings **REGULAR PROGRAMS**

### Private Sessions

Healing sessions with Ingrid Margarita  
by appointment

Energetic Transformative Healing, Massage, Essential Oils, Color, Sound, Distance Healing and Earth Healing are a few of the techniques and tools that Ingrid Margarita uses to move energy in people, relationships, businesses and land. A variety of modalities are used individually or together to co-create a unique and lasting healing session.

### Weekly Soul Meetings

workshop by Ingrid Margarita  
7:00 pm on Mondays

These weekly meetings are surrounded with the intention of sharing, connecting, supporting each other in being with your soul. Also effective tools are used like movement meditations, meditations, journeys to our soul-garden, energy work and group quantum healing.

### Move your body, free your soul!

Dance meditation by Michael Schrader  
7:30 pm every third Wednesday of the month

Monthly dance meditation with music from all over the world (ethnic, classical, modern, rock, pop, trance, techno etc.). Michael will guide you through 75 minutes of dancing to relax your body, to clear your mind and to energize your soul. In dancing you can find your own movements and the unique expression of your soul.

### Moon Meditations

At Joelle's yurt, guided by Ingrid Margarita  
7:00 pm winter time / 8:00 pm summer time

We set our intention to manifest with the moon energy a new blueprint for a new world which is based on love, compassion and unity. Group energy duplicates our intentions. We gather at Joelle's yurt in Paidochori.

### The Flying - Hawaiian Dance Meditation

Dance meditation by Susanne Schwing  
Ask for dates

This amazing meditative dance movement is the base for the Kino Mana Bodywork. Through practicing in a flowing rhythm to wonderful Hawaiian music, you'll experience who you are, how you're really connected with the ground and get strong, stable and deeply rooted.

### Mandala Painting Workshop

experimental workshop  
by Sabine Sabella Schumacher  
Ask for dates

Besides guiding you to your own mandala, Sabine will also provide you with some theoretical information about mandalas and mandala art. You will not only enjoy participating at a special creative event, but you will be surprised about your very own abilities, and last but not least, you shall be creating a wonderful gift for yourself.

### Earth Healing Workshop

2 days workshop by Ingrid Margarita  
18th - 19th April, 2015  
2nd - 3rd May, 2015  
27th - 28th June, 2015  
Ask for more dates for later

Find out more about Geopathic Stress and the problems and illnesses that might be caused and reinforced by this phenomenon. The Earth is a living being upon which everything is reflected over time. You will learn the specific technique that will be beneficial to apply if you have problems with your health, emotional disturbances, insomnia, mental blocks or spiritual problems.

### Contact

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