



Invitation

Ergosoma Module 1 Empowerment through the Tree of Life

Subjects:

- Tree of Life
- Basic Expressions of Life Energy
- Practical Exercises
- Enhancement of Empathic Perception – Circle of Trust

Thursday, March 14th 2024
3 pm – 4.30 pm

Beekman Tower; Conference Room; 3 Mitchell Place; NYC
5 min. from UN Headquarter

Trainer: Monika Volkmer

Monika Volkmer, Member of the Committee of Ergosoma Teachers, Ergosoma Teacher and Practitioner, Alternative Health Practitioner, Ayurvedic Therapist, Trainer for stress-management. Projects: Resilience Training for disadvantaged young people, in cooperation with the Rural District of Göttingen, Germany, Participant of a research on the effectiveness of Ergosoma concerning different physical parameters, University Witten /Herdecke in Germany. Studied Geography, married, four children, lives in Göttingen, Germany.