



## 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

**Wednesday, March 18th 2026**

**5 pm – 6.30 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 and Education for women in the Holy Land, 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 Goettingen, Germany.