



Wings of Freedom

Intensive workshop of Meditation and Breath-Work

"Breathing is our direct connection with life; unresolved emotional wounds change the natural flow of our breathing, and this causes us to lose contact with our spirituality."

- Anan Nodedt



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This workshop is a deep process where different techniques of dynamic meditation and breathing are integrated, together with bioenergetics, art, dancing, shamanic trances and silence; generating an ideal loving and meditative context to immerse ourselves in our inner world and understand who we are.

How was this workshop developed?

By the mid-seventies, new psychotherapeutic techniques began to emerge in the West. Some of them were based on modern scientific research and ancient shamanic techniques.

From this merge, holotropic breathing was created by Dr. Stanislav Grof and Cristina Grof, which began to be used within transpersonal psychology.

This workshop was born from the deep experience that Leiza and Anan have had in their trainings with different respiratory methods, as well as the internal effects they have experienced through their own constant and personal practice.

They decided to create this workshop as part of an inner healing and integration process, by merging Osho's active meditations along with different breathing methods designed to unblock the entire flow of vital energy.

As the process of hyperventilation develops, we enter a high state of consciousness where the mind cannot control emotions. This allows a natural flow of what is real within us; thus, spontaneously bringing back memories and images. This is how intuitive answers can come to unsolved problems in our lives, we can feel states of ecstasy and deep communion with nature, or a deep healing of emotional wounds that we didn't know of.

During a breathing session, the human organism enters a state of consciousness that allows it to move in the direction of integration, to become a complete whole and heal its own wounded or fragmented aspects. Healing happens on a physical, mental and emotional level and we reconnect with our spirituality.

In this workshop, group and individual sessions are organized. As for individual sessions, they are guided to deepen more or to support someone who has returned from a trance and still feels stressed or uncomfortable with his/her energy blocks, helping to unblock the flow of his/her vital energy.





What are the benefits of this workshop?

- Balance the flow of vital energy in our body.
- Release our accumulated emotional stress.
- Understand the roots of certain behavioral conditionings such as anger, anxiety, depression, fear of failure, codependency, among others.
- Feel trust again in our heart and in life again.
- Know the origin of wounds related to our childhood and sexuality.
- Become aware of our body connecting with our true emotional needs.
- Learn to meditate in a simple way through more than 10 different meditation techniques that we share with music and a written guide to take with you as life tools.

