

THURSDAY EVENING MEDITATIONS WITH FLEUR



SUFI DANCE MEDITATION THURSDAY 13 & 27 JUNE 6.30-7.30PM

Starting with a “Tchu” practice, based on flowing simple movements and breath awareness, performed stood up to a beautiful soundtrack played by Sufi musicians. The movements are inspired both by Tai Chi and Sufi traditions, enabling the awakening of the Meridians or Nadis, and the centring of the Core energy, and harmonization of both Sacred chakra and heart chakra. This is followed by Sufi Whirling, the sensation of being one with the music and being in the flow of the repetitive movement, is now at its climax. The practice is completed with a short relaxation in Savasana.

Investment: AED 80

TIBETAN THERAPEUTIC MEDITATION THURSDAY 13 & 27 JUNE 7.30-8.30PM

We start with the slow movements of Tibetan Yoga standing up, followed by a short seated meditation with mindfulness body scan and breath meditation, to deepen the subtle energetic feeling of ourselves. Then we carry on laying down in Savasana with a Non-Dual Transformative meditation, from a psychic-sleep state (yoganidra or dream body practice), so that to un-root an imprint or program or pattern leading to a certain kind of suffering in our daily life. (Attendees can personally choose the one they want to work on to change or reprogram or unroot.) We will finish with individual debrief while others stay in Savasana,

Investment: AED 100

Sign up for both meditations on the day for only AED 160!

About Fleur Antoine-Hindermeyer

As a dancer, a choreographer, and a meditation practitioner, Fleur’s quest is to connect to the energies of life, exploring the movements and the stillness for their ability to awaken a certain inner-energy, and to draw to the unification of Body and Mind. From 2012 to 2015, she completed a 550-hour course on Indian philosophy and Tibetan Tantric meditation (Unity in Duality) in France and India, and in 2017 a 50-hour course on Yogic meditation, according to Bihar University (Dhyan), in the UAE.

In her sessions she combines slow and energetic movements from different traditions, including Qi Gong, Tibetan Yoga, Sufi dynamic meditation and Yoga Dance from Northern India, guided by voice and Music.

Since 2018, Fleur has facilitated Sufi Dance Meditation and Tibetan Therapeutic meditation at Lightworkers AD Open Houses.

All prices are inclusive of VAT.

Book your spot today!
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