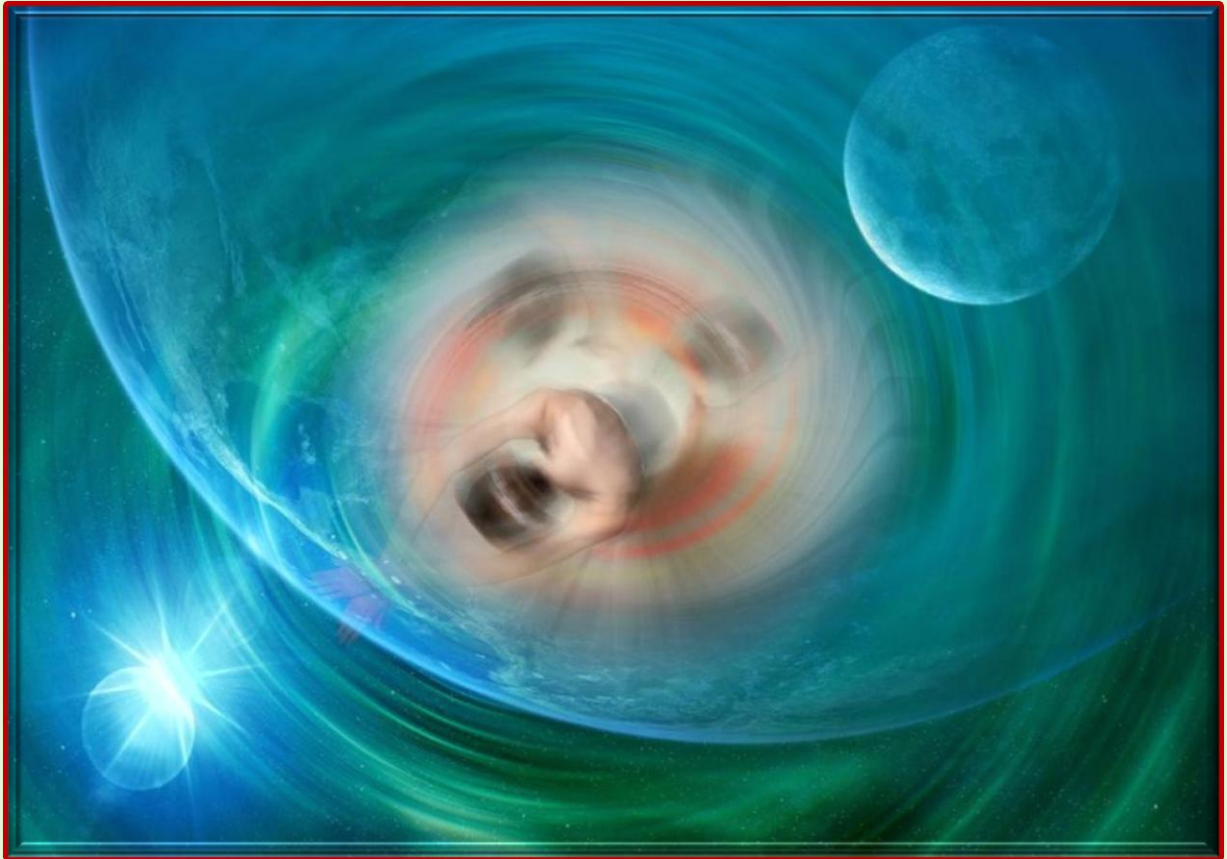


weekend **workshop**



DIS-COVER
THE PERSONAL ACCESS
TO YOUR **ESSENCE**

with body and mind to your **essence**

workshop *by two experienced experts*

*Laurence Brian **spiritual bodyworker** and
Monique Leurink **spiritual astrologer** together with you*



- as a human being you are born twice -
- since you have two roots -

On the one hand the roots from your bloodline. The birth of your *personality*. Your first birth.

The other are your universal roots. Your *essence*. Your second birth

This workshop is about your second birth. About your essence. In these historical days of change and transformation it is important to learn to know yourself in a new way. By becoming conscious of your essence. Here lies the unique and inexhaustible source to creative life. All joy comes from this creative power, that has a very personal colour to each of us. In opening this source you will also put forward the special talent that is hidden in it.

Essence *what exactly is that?*

Today we witness a historical shift in consciousness that takes place in waves and in shocks. This shift will bring to the light a new dimension in ourselves: essence. To become aware of your essence you need to create room in yourself. Essence goes beyond your personality, beyond your bloodline and beyond the education you had. You have never been confirmed in your essence. Also you never had any references. In fact it is a new identification with a deep inner source of endless space that unfolds once you will make contact with it.

Becoming aware of essence is becoming aware of your universal roots. For this dimension, which is completely at the background at the beginning of your life because your personality still takes too much room, is the opening to your inner space. Essence is an *individual part* of yourself. It has its own colour, its own vibration and ... a very personal access that we would like to open with you in this workshop. Starting to live from essence means to broach your most essential creative source. Once you are on that track, you will feel the expansive pulsating power. You will start to create in a unique and innovative way. This is how you can also contribute to transform a part of this world. In order to determine your personal essence we will use the birth chart. Spiritual Astrology – the field of Monique – is our instrument.

Heaven and earth with whirling dance

when we say *Dance* we mean it from its pure simplicity. Dancing is nothing else but walking on the earth in a free way, vivid and vibrating in harmony with the earth and the universe. Laurence will use the principle of the Derwish Dance as a universal movement. But there will also be other ways of movement. You can experience the rotating of the whirling dance, but you can also join in other ways to stimulate your body to Essence awareness. Laurence, as a specialist, will guide you. The experience of the whirling will awaken and activate your personal energy centers. Laurence will accompany you also in other physical experiences that will stimulate the unity of your body and mind.



Whirling dance is a powerful dance to center yourself. This dance is an invitation to make an intimate home voyage to your inner source. The planets rotate, the molecules rotate. The rotation of this dance represents the movement of the planets around the sun and around their own axis. While rotating around your own axis (the heart) you receive the heavenly energy with your open right hand and with your left hand you transmit it into your physical presence. In this way energies from heaven and earth intertwine and bring you in a balance. This will lead you to release blockades which creates space for essence. Together with Laurence you will choose your own way of movement.

Laurence Brian

meditation – yoga- dance therapist

spiritual bodyworker



Laurence is born and bred in the South of France. With a natural talent for languages she became an interpreter/translator.

But already as a child she became aware of the most important instrument, the body. That led her to her great passion for dance. Fascinated by the interaction between inner life and the body she did trainings in both Yoga, dance and movement therapy and meditation techniques.

This fascination took her to all corners of the world. Thus she gathered much experience on an international level, also in the Netherlands, where she lived for 8 years. She speaks Dutch, French en English fluently.

She developed her passion for dance and carried out investigations into the functioning of body, soul and mind as a whole. She developed her own unique method that is the fruit of her inquiry into the methods from different cultures and the practical use of it in her own work with people.

Laurence has much experience and works both on an individual level as with a group. Being a cosmopolitan she lives and works in France nowadays, where she still develops her passion. She has her own school for healing dance and movement in Toulouse.

Her power from Essence is that that she can adjust herself purely on each individual person and leads inner processes to the integration of the body. She moves along on the natural flow of the moment and accompanies it with her professionalism. This makes her an expert and especially: she works from her heart, soul and mind.

Monique Leurink

spiritual astrologer



For more than 35 years Monique has studied in several fields of astrology. For the last 16 years she went into Spiritual Astrology. From then on she became an expert in this field.

September 2005 she founded Luna Negra and she has trained many astrologers in this new astrology at home and abroad. Luna Negra is a specialized and professional 2 years- training to become a Spiritual Astrologer.

For more than 20 years she has given private and business consultations to self-employed persons. In 2006 she launched Seminar New Age, a seminar that gives insight in the time spirit that is changing fast. People and companies that are interested can attend lectures or workshops.

Spiritual Astrology is a new dimension in the astrological body of thought. By now Monique has more than 15 years of experience in doing sessions in this new way that is perfectly linked with the transformations to the New Age.

She makes uses of the traditional birth chart in relation with the spiritual dimension of the chart that leads to the personal essence and creative power. This way of interpreting the chart is focussed on the path of the soul and leads to the opening of the personal *inner space*.

Also she studied the English Language and Literature and has worked as a teacher for adults for more than 10 years.

In 2009 her book has been published: *The individual Process of Creation*. By the end of 2011 her new book will be published that deals with spiritual astrology in relation to the new time spirit.

Her power from essence, her passion and challenge is to lead people to the access of their essence and to ignite the creative power of the hidden unique talent. She works with the heart, soul and mind.

program

DAY 1

WELCOME WITH COFFEE AND TEA

- *body* WARMING UP with Laurence
- *mind* ESSENCE AND SURVIVAL STRATEGY - make yourself comfortable and just listen – with Monique
- *body/mind* MEDITATION/VISUALISATION – we say goodbye to gravity and make a trip into our inner space with Laurence

LUNCH

- *mind* PERSONAL FOCUS ON ESSENCE AND TALENT 1) with Monique

COFFEE AND TEA

- *body* UNIVERSAL DANCE with Laurence

DINNER

DAY 2

BREAKFAST

- *body* WARMING UP
- *mind* PERSONAL FOCUS ON ESSENCE AND TALENT 2) with Monique

COFFEE AND TEA

- *body/mind* VISUALISATION/MEDITATION ON ESSENCE with Monique

LUNCH

- *body* OPENING BODY TO INTEGRATION OF ESSENCE with Laurence

COFFEE AND TEA

- *group* EMPOWERMENT with Laurence and Monique
- CLOSING OF THE WEEKEND

practical information

- dates** weekend **11 and 12 February 2012**
weekend **9 and 10 June 2012**
weekend **22 and 23 September 2012**
weekend **1 and 2 December 2012**
- place** Conferentiecentrum **Samaya**, Hollendewagenweg 20,
3985 SG WERKHOVEN www.samaya.nl
This place offers *beauty, lucidity, room, and tranquility.*
- costs** 2 p.room, incl. all meals, coffee and tea € 375,--
1 p.room incl. all meals, coffee and tea € 395,--
Zonder logies en ontbijt, incl. all meals, coffee and tea € 325,-

This amount is due **6 weeks** before the date of the workshop. All participants will receive a confirmation by email and the conditions of annulation.

payment details : *Luna Negra*, Monique Leurink, A'dam

ING Bank 39.79.643
IBAN: NL86INGB0003979643 BIC: INGBNL2A

registration with reference to the organisation on the moment you say yes!

contact in the Netherlands:

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contact in France :

Laurence Brian
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+33-(0)6-68639365

- tip 1)** bring clothes in which you feel beautiful, comfortable and well
and bring something to sit or lie on during the meditation/visualisation
- tip 2)** this workshop is for men and women. If you wish you can forward this
brochure to people who may take an interest.

No musts. This is *your* workshop that you experience for yourself in the company, warmth and respect with others

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www.lunanegra.nl

*This workshop is
organised by Luna Negra,
school for Spiritual
Astrology and personal
awareness to the New Age.*

