

EMPOWERMENT



TRAINING
with Lucia Rijker
World Champion Boxer
and Kickboxer


OSHO
Humaniversity
SCHOOL FOR MASTERS

Combat & Body Mind Training
humaniversity.com/lucia-rijker

EMPOWERMENT

Empowerment Training

With Lucia Rijker, World Champion Boxer and Kickboxer

Lucia will share about her life experience in exploring many different forms of martial arts and meditation.

You will learn that setting a goal is essential for bringing out your (full) potential.

We will practice physical movement, internal awareness and self-reflection through Interacting with other people in a combat setting.

This brings you into the present moment which will give you choice, the power to respond, so you can create more fulfillment in your life.

In these workshops, you will learn and improve:

- Body awareness
- Basic self-defense and offense skills
- How to center yourself
- Being able to establish your boundaries in order to take a position

First 3 workshops:

Empowerment I: 13 - 14 February 2016

Discovering the self: awareness, understanding fear and self-mastery

Empowerment II: 5-6 March 2016

Discovering the power of commitment: awareness, discipline and courage

Empowerment III: April 2016 (date to be announced)

Bring forth your potential: Feeling confident on your quest to Self Mastery

Fee: 300.00, non-residential. Food & accommodation optional for a fee

Times: Saturday 09:00 until Sunday 19:00

Note: All workshops can be booked individually.