

The healing power of the 5 elements



**Workshop from 22.9. - 24.9.in Rügen
with Ryszard Adamiak**

Discover the Power of the Five Elements

The elements are such an integral part of our experience and sometimes we do not recognize their qualities in our daily lives.

They are not only the environment in which we live, but they also build our bodies, our emotions, and permeate our mind.

How to connect with them?

You can come to Ruegen – Gross Zicker – Moenchgut for a workshop, which will be led by a disciple of Tenzin Wangyal Rinpoche - Ryszard Adamiak.

He is an instructor of Ligmincha Poland and teaches practices derived from the ancient Tibetan Bon tradition.



His extensive knowledge related to the elements is contained in all its areas. Starting from medicine and astrology to Dzogchen- the Great Perfection.

We will practice in a picturesque area of the “Biosphären Reservat” of the Ruegen Baltic Sea.

The magic of this place has become an inspiration for us to organize the workshop right here.

It is simply a sanctuary of natural environment, showing unadulterated beauty, simplicity and well-being of pure elements.

We will meditate in the supporting power of the hill surroundings, the open, inviting space of the landscape panorama, the water from the beautiful Baltic Sea, the tarrying and dancing wind, the immensity of the air, the warmth of the sun in the impressive landscape and the joy of the embers of an evening campfires.



These are the Five Elements in their rustic form.

Take advantage of the opportunity to regain inner balance. Enjoy a state of mind in which you can release negative emotions, transform traces of difficult or traumatic experiences.

The workshop will begin: Friday, September 22 at 7 pm.
and will end on Sunday 24 at 3pm.

Cost of the seminar included overnight stay: 120 €

Please register soon. The number of participants is limited. Accommodation is provided in 4 to 6 person apartments. There are no single rooms.

Classes will take place outside as much as possible, so please remember to bring weatherproof clothing and mats.

There is a kitchen and a refrigerator in the apartments. There we can prepare a meal together; in the evening there is the possibility to go out for dinner.

We will try to organize carpooling from Berlin and from Poland.

Parking lots are limited there.

Please feel free to ask any questions on organizational and practice-related topics.

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