

BLISSFULLY EMBODYING BEING

A workshop with Yoyo in Avalon Permaculture Gardens, Glastonbury UK.

Host: Andy Portman (<http://livingtao.co.uk/aboutme.html>).

20-22 September 2019



About this workshop

In order to fully embrace our physical existence we have to come to terms with the duality that allows us to have experiences in a time-bound body of bones, flesh and blood.

Not until we fall in love with the two polar opposites of our manifestation - and embrace both the pleasure and the pain they involve - can we become our own best friend and will we experience the bliss of being.

For this, most of us have to navigate through layers of conditioning, (self-)judgment, suppressed emotions and physical tensions.

However, once we reach this state, we can also recognise the agonies and ecstasies of the world as a reflection of ourselves - which ultimately marks the end of suffering and the beginning of unconditional love.

This workshop is about falling - or rather: rising - in love with who we have become as a 'separate self' and about remembering who/what it is that chose to embark on the earthly journey and play this awesome game...

The tools we draw upon in this workshop are verbal and non-verbal interaction, movement, healing touch, voice / breath work, role-play, meditation, mind shifting, emotional integration, sharing, - and laughter.

Starts: Friday, September 20, 8:00 p.m.

Ends: Sunday, September 22, 5:00 p.m.

This workshop can also serve as a taster for the 1-3-week intensive retreat in Samos, From October 19 - November 9 (www.yoyo.nl), in which the theme will be explored more in-depth.

Participation fee: £ 150-180, according to ability to pay.

For accommodation options see <https://www.yoyo.nl/retreats/>.

For more information, mail to yoyo@yoyo.nl or call +31 6 22492501.



About Yoyo

Yoyo van der Kooi (75), fine artist, writer, facilitator and healer, sometimes calls herself a midwife for the second birth.

In her Laborint centre for the Art of Living (Arnhem, The Netherlands) she has been working with people since 1981, instigating creativity, clearing physical, emotional and mental contractions and opening ways to connect the horizontal (worldly) and vertical (spiritual) dimension.

She studied with spiritual teachers in East and West.

Her inspiration comes from the Tao, Tantra, Raja Yoga, the esoteric branches of the world religions (like Zen Buddhism and Sufism), Gurdieff, Krishnamurti and contemporary non-duality teachers.

Her workshops are not pre-programmed: they organically unfold from what presents itself moment to moment and are flavoured with humour.

Next to the workshops and courses in her own Laborint centre, Yoyo has given retreats in Europe, The United States and Asia.

For interviews about her life and work, have a look at 'Yoyo van der Kooi' on YouTube.

The English version of her first book, 'Sacred Shit', will appear by the end of the summer and can be ordered via her website www.yoyo.nl.

