



# NEDERLANDSE SCHOOL VOOR **DO-IN**

## DO-IN WORSKHOPS & TRAINING 2019-2020

**DO-IN for Women** Sunday 1 September. Time: 10 am to 1 pm. Costs € 59, -.

Anushka has been giving special DO-IN exercises for woman since 2004.

This workshop is especially for woman who seek a better balance between thinking and feeling; want more rest in their head and want to be in better contact with their body.

The exercises you will learn could help you with:

- energy too low, fatigue, listlessness
- menstrual disorders PMS, painful periods, irregularity
- pregnancy
- lower back pain / cold / sore abdomen
- menopausal symptoms
- cramped pelvic floor muscles or sagging
- mood swings
- lack of sexual energy

**HARA & VOICE** Sunday 29 September. Time: 10 am to 4 pm. Costs € 110, -.

With Anushka and Caroline Devilee.

How we relate to our stomach, the Hara, determines how we feel.

Are we scared, open, angry, worried, happy, tired or do we try to appear taller than you are?  
Can you breathe, speak and sing easily? Or do you feel constricted and inhibited from speaking?

This beautiful whole Sunday workshop is provided by Anushka together with Caroline Devilee.  
Caroline is a conservatory trained singer, pianist, teacher and voice specialist.

In the morning program you will learn special DO-IN exercises in which you can experience and learn how to reconnect with your Hara.

In the afternoon program we do exercises with Caroline that will make you aware of your way of speaking and how you use your voice, followed by a personal advice.

**WONDER meridians** Sunday 20 October Time: 10 am to 1 pm. Costs € 59, -.

Anushka has studied these meridians for over 20 years with the Japanese master Y. Kawada sensei.

Wonder meridians are extra reservoirs of energy. They have an important and indispensable role and function in addition to the 12 regular meridians.

They can tell you a lot about; "how you are made", how you dealt with your basis material (your "primordial Ki") and how you have become unbalanced.

Also very interesting to consider is that the Wonder meridians are connected to your ancestors.

With special DO-IN exercises we will open the most important 3 wonder meridians.

The Conception-, Governor- and Penetrating vessel. These are the sources of our whole existence.

**DO-IN School (complete education)** starts Sunday 09 February 2020

Accredited as further training by professional association KTNO, NVST and Zhong.

Duration 1 year spread over 10 Sundays and 1 day examination. Including VAT and syllabus € 1085, -.  
For data and information, see the website [www.do-in.nl](http://www.do-in.nl) or below.

Information and registration ✉ [Anushka@xs4all.nl](mailto:Anushka@xs4all.nl) 🌐 [www.do-in.nl](http://www.do-in.nl) ☎ 070- 347 01 88