



# New beginnings

## Spring Retreat with Meditation & Osteopathic treatment

### Saturday the 8<sup>th</sup> of April

Location:  
Loma Studio Visby  
Söderväg 5  
621 58 Visby

Meditation practice  
From: 8 to 11

Break in silence

Meditation practice  
from: 12 to 14

Osteopathic treatments  
Bookings available from:  
14-19

### Price:

Meditation practice,  
followed by an osteopathic  
treatment: SEK 1.700,-

Meditation practice only:  
SEK 1.000,-

### Meditation practice

You are invited to participate in this 1-day silence, mindfulness retreat. Through mindfulness training, it is possible to achieve a greater degree of psychological flexibility, and thus a more meaningful and enriched life.

Life can be busy  
Our minds can be busy  
Often we want things to change, or we try to get somewhere  
other, then the place we are, right here, this instant!

As John Lennon said...  
*'Life is what happens, when you are busy making other plans'*

This 1-day retreat gives you the opportunity to slow down, and  
get in touch with, what is important to you.

### Osteopathic treatment

The osteopathic treatment's offered, will be with a biodynamic  
cranial focus. A treatment that will assist your body, in aligning  
with its inherent capacity, to restore & relocate its best  
available resources.