

## Pure relaxing

The class offers three motto evenings: Qigong, awareness and breath meditation.

The class is held **three times a week** and offers a possibility to learn different relaxing techniques, without to choose one technique.

**Monday** 05:00 – 06:00 pm

**Tuesday** 05:00 – 06:00 pm

**Thursday** 05:00 – 06:00 pm

Price: 3 evenings, 30.00 € p. person

Application is required

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## Regular possibilities to meditate

Open meditation always on first Friday in a Month, 07:00 – 08:30 pm

The sitting itself is approx. 15-20 minutes.

In between we do a walking meditation.

July 1, August 5, September 2, October 7,

November 4, December 2

Price: 10.00 € p. person

Application is required

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## Family constellations by Bert Hellinger

The family constellations can make the unconscious processes in our relationships and in our souls visible and noticeable. So the way will be freer for the solution of the urgent problems and for the love, which recognizes all who belong in here.

The family constellations as a personal consultation

Price: 75.00 € à 90 minutes

Please contact me.

## My consulting service:

- Personal consultation
- Medical Qigong
- Breath meditation
- MBSR- Mindfulness Based Stress Reduction
- The family constellation by Bert Hellinger
- Setting the limits
- Mother-Child-Service (45 minutes)
- What is happiness? Conversations (90 minutes)
- Progressive muscles relaxing
- Autogenic training

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## Personal consultation

I support you very individually in a personal consultation. It doesn't matter if you want to discuss a professional or private topic.

I offer you a solution- and goals-orientated companionship, which helps to make a problem manageable, to give it a structure and to observe it on different levels. This enables to change your own point of view and to use your own resources better.

Price: 50.00 € à 60 minutes

Please contact me.

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## Quitting smoking

The most smokers take one day a decision to quit. Though it is often difficult, to realize this intent. Mostly you need more than one try, till you manage it to stop smoking. I am glad to support you.

4 sessions are required.

Price: 4 sessions à 60 minutes for total 100.00 €

Please contact me.



For the  
holiday visitors

Consultation • Relaxing • Exercise • Silence

Ulrike Wehner

## To keep your body in balance

*"To wait until the disease begins,  
in order to heal it,  
to wait until the disturbance appears,  
in order to treat it,  
is the same as to wait for the thirst,  
to satisfy it,  
Is it not too late then?"*

**Su Wen**

## If a life becomes too stressful ...

### Powerful and self-determined to more life-quality

You feel swamped and stressed because of your daily routine in the relationship and at work? Rushing from appointment to appointment and chasing the time? Set the limits and win more time and space for yourself. With Qigong, Meditation and awareness training you can meet the challenges powerful and relaxed.

## Medical Qigong

Qigong will be practiced firstly in order to make the energy flow of the body stronger, to loosen blockades and to keep the health. Balanced body positions, harmonic exercises, breath trainings and mental exercises of concentration and imagination are being aligned together while making the training. Flows the Qi harmonic and in plenty, so we feel us healthy and balanced, beaming with vitality and power.

### You would like:

- To enhance your health and well-being?
- To enhance your immune system?
- To relax your back and to improve the stance?
- To improve the coordination, balance and breathe?
- To reduce the stress and to increase the power?
- A restful sleep?

## Learning the meditation

To learn how to unwind and to gain the concentration - the meditation will help you here. While meditating, you learn to let the thoughts come and go, without to keep or to evaluate them. So you can stop the rumination, gain the distance and become more relaxed. Regular meditations can have calming effect and some forms of it are often recommended as a relaxing technique in west medicine. The impact, the meditative condition is neurologically measurable as a change in a brain wave. The hearth gets slower, the breath – deeper, the muscle tensions – less. Scientifically is proved, that the meditation help well at stress reducing.

## Awareness/ be aware,

### It sounds so easy ...

... only if not the daily overstimulation which comes from cell phones, Internet and Co. and not always higher getting demands, coming from professional and private life. All this makes us feel stressed, unsatisfied with our life; we find less and less time for ourselves, our feelings and needs. With the awareness is meant the ability to steer the attention to the own feelings, actions and thoughts; the perception of what is happening in the moment. If it is possible to watch without evaluating, then it is possible to accept and to appreciate what exists at the moment. A very important basis to be able to let go and to bring the changes.

**Monday** 05:00 – 06:00 pm

Price: 10.00 € p. person

Application is required

## Qigong/Relaxing class for everyone

### The beginners are welcomed!

**Tuesday** 09:00 – 10:00 am

**Thursday** 05:00 – 06:00 pm

From Mai 3 2016

Price: 10.00 € p. person

Application is required

## Breathe meditation for everyone

### The beginners are welcomed!

We steady our spirit/thoughts through the training of sitting in silence and experienced awareness, conscious and unintentional activity. This peaceful spirit changes us and our being to more calmness and affects us in a daily routine – we always train only for the daily routine.

**Tuesday** 10:15 – 11:15 am

**Tuesday** 05:00 – 06:00 pm

From Mai 3 2016

Price: 10.00 € p. Person

Application is required



## Ulrike Wehner

Year of birth: 1965, married

One daughter

### My philosophy:

- Accompany
- Support
- Look for new ways

### Qualifications:

- Apprenticeship in Qigong Yangsheng
- Apprenticeship as an alternative practitioner in psychotherapy
- Apprenticeship in gestalt therapy
- Further training in systemized constellation work
- Further training for a meditation companionship
- Meditation "ZEN" (student of Willigis Jäger)
- Autogenic training and relaxing therapy
- Progressive muscle relaxing
- MBSR- Mindfulness Based Stress Reduction by Jon Kabat-Zinn



## Binding registration

I would like to apply for the following classes:

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Name/first name: \_\_\_\_\_

Street: \_\_\_\_\_

Zip code/City: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date/Signature: \_\_\_\_\_



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