

Rebirthing

Rebirthing is a breathing technique that derives from ancient kriya yoga. Breathing adds fresh energy to our body. The body is therefore strong enough to (according to our will) free itself from subconscious and also conscious blockages, traumas, unpleasant memories, unwanted weight and stress. Due to rising energy levels in our body, rebirthing also allows us higher states of consciousness and presence. After a session, people often feel like they've been reborn.

At himalaya rebirthing we have been performing group rebirthings for some years and, as a result of constant practice, the ingredients have also emerged, which are crucial that the session is successful and that as much as possible is taken care of - for everyone. We make sure that we prepare thoroughly for the rebirthing session. With the help of physical exercises we achieve relaxation, which is important for the entire duration of the session. Participants receive energy support (ReiKi) during the process itself, which we always enter with a very clear intention. We cultivate awareness about proper use of Axis Mundi and we are available to participants even after the session is completed. Rebirthing is performed in a supportive natural environment.

Rebirthing helps with:

Emotional and mental relief (stress, tension, nervousness...)

The body regenerates its cells faster, slowing down the ageing process and supporting organ function.

Most toxins are released through breath, from medicines, vaccines, poisoning, food, etc. It supports metabolism – waste materials and toxins are removed from the body more quickly.

Various energy blockages, which often cause disease and imbalance in the body, are eliminated.

Improvement of concentration and intuition; through our breath we connect to our source energy.

Possibility of deep transformation.

Achieving a state of deep relaxation, establishing deeper contact with each other, leading to life goals, aspirations and insights.

Expansion of consciousness – through rebirthing we achieve higher states of consciousness.

Some also come into contact with their previous lives.

Resolution of birth trauma – difficult circumstances of birth.

Breathing is LIFE.

Drumming circle

The sounds of drums and rattles create the rhythm of life.

Drumming helps a person to express with rhythm, voice or movement. Through constant rhythm, we come into contact with natural rhythms, with our own rhythms. We notice ourselves and others, we just know what there is to know, we travel in time.

With drums and rattles, we call, pray and thank life. Bring your intentions for yourself or for the world to the circle and express them. Ancient instruments themselves tell the story to those who are willing to listen.

The drum circle is intended for people who enjoy the group creation of rhythm and atmosphere. Dancers can also enjoy the journey that this type of play encourages. There is an open space for expressing rhythm, sound, voice and movement. Please come with your instruments, if you have them. Welcome any kind of drums that are played with your hands, shamanic drums, rattles, sticks, etc.,...

The drumming circle is coordinated and led by Žiga Hun Caban (www.severinkroj.com)

