



Metamorphosis

a guided meditation with Angelica Janik

*All levels are welcome.
No previous background
experience needed.*

Metamorphosis is a compressed meditative experience to unlock the subconscious mind. A practice of introspection, the 2 hour workshop will strengthen neurological pathways in order to aid the body and mind to release karmic pain. Through a variety of traditional methods and techniques, this inner journey touches the unconscious mind in order to destroy habitual thought patterns, emotional antiquity and alleviating physical pain and illness.

A 2009 Yogrishi Vishvketu graduate, and recently trained under Sadhguru Jaggi Vasudev himself, Angelica will help to uncover the unlimited potential of rejuvenating the human psyche.

Enjoy discovering an endless wealth of happiness, healing and love.

Ongoing Yearly Workshops

Now coming! Stay tuned for studio locations nearest you!