

Olga`s workshops

1- Qi Gong for harmonisation

It is a special breathing, moving and meditation technique for relaxation and connection with own Soul.

What it gives to you ?

This technique help you to find inner balance with your self ,especially if you have stress and disharmony with your self .

It helps you to find your self ,your right direction in life .

Learning this technique is very simple and you can use it later all the time when do you want or need without others see it or know that you doing that .

Who is teaching :

Olga Esingu M.Sc.

Lessons in English (translation available)

How many times need to come to learn technique ?

One time is enough, but you can participate many times if do you like .

How many person can participate in a session ?

6-30 .

How long it takes ?

About 1h

Price:

15 euro per person .

For groups from 20 and more 10 euro per person

Combinations:

You can visit bambu garden ,

have drinks after lesson ,

to order personal mandala ,

to book time for private consultation

or to have Aura&chakra`s diagnostic before and after lesson .

e-mail: academyesingu@gmail.com

phone: 0646 730 760 in English

2-Mandala Dance (for women only)



Mandala Dance is energetic practice based on a 7 chakra system and Flower of Life (Golden section theory).Moving in a dance we are „droving“ mandalas though our body ,connecting our left and right hemispheres ,balansing Inn –Yang energies in a women bodies and relieving blocks from energetic channels –all this help us to find and open women inner Beauty and Femininity as a Goddesses .

What it gives to you ?

Connection with your inner femininity give you a new energy for life and creativity ,relieve muscles restrictions and make you more open and sensual .

Who is teaching :

Olga Esingu M.Sc.
Lessons in English (translation available)

How many times need to come to learn technique ?

Training for 7 days 2h per day

How many person can participate in a lesson ?

8-30 .

How long it takes ?

About 2h 7 times

Price:

15 euro/ person per 1 lesson

For groups from 20 and more 10 euro/person per 1 lesson

What do you need to wear ?

Best is a wide long skirt and t-shirt

Combinations:

You can visit bambu garden ,

have drinks after lesson ,

to order personal mandala ,

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3-Love chanal opening practice

It is special practice which help you to open your heart for Love -to give and to receive Love .

What it gives to you ?

This technique gives you more selfconfidence in Love ,relationship with others and what is more important –with your self .It helps you to have better understanding and connection with relatives.

Learning this technique is very simple and you can use it later all the time when do you want or need without others see it or know that you doing that .

Who is teaching :

Olga Esingu M.Sc.

Lessons in English (translation available)

How many times need to come to learn technique ?

One time is enough ,but you can participate many times if do you like .

How many person can participate in a session ?

6-30 .

How long it takes ?

About 1h

Price:

15 euro per person .

For groups from 20 and more 10 euro per person

Combinations:

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have drinks after lesson ,

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or to have Aura&chakra`s diagnostic before and after lesson .

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4-Sound massage.





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This technique is based on a sound of Tibetan singing bowls .

What it gives to you ?

This technique help you to harmonisate inner energies ,to feel relaxed and rested .

Who is teaching :

Olga Esingu M.Sc.

Lessons in English (translation available)

How many times need to come to learn technique ?

One time is enough ,but you can participate many times if do you like .

How many person can participate in a session ?

6-20 .

How long it takes ?

About 1h

Price:

15 euro per person .

For groups from 10 and more 10 euro per person

Combinations:

You can visit bambu garden ,

have drinks after lesson ,

to order personal mandala ,

to book time for private consultation

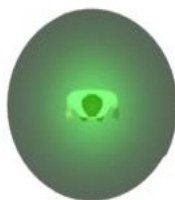
or to have Aura&chakra`s diagnostic before and after lesson .

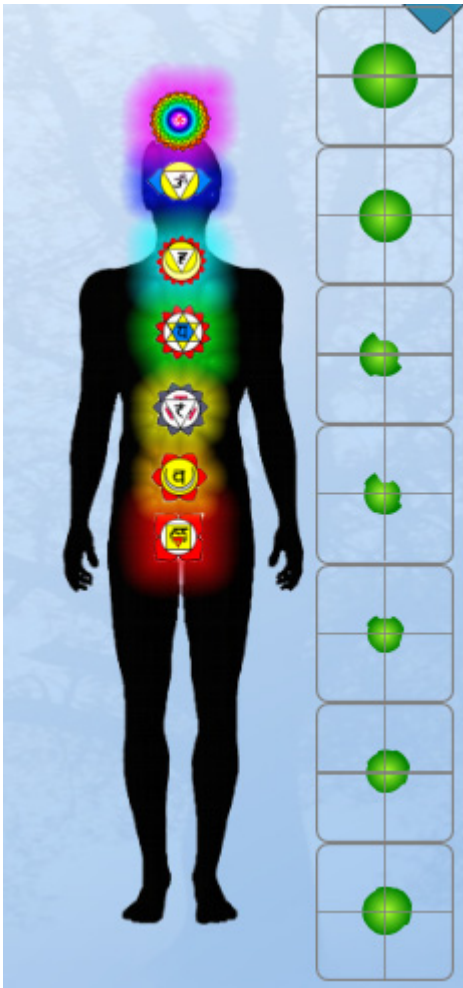
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5-Aura&chakra`s diagnostika





This is a private session to have aura &chakra`s diagnostic with special computer programm which can help you to know better which problems could you have in the future and this knowlegde help you to change situation for better .

Who is teaching :

Olga Esingu M.Sc.

Lessons in English (translation available)

How many times need to come to learn technique ?

One time is enough ,but you can participate many times if do you like .

How many person can participate in a session ?

1 (private meeting)

How long it takes ?

About 30-45 min

Price:

First time -30 euro

Second and more -20 euro

Combinations:

You can visit bambu garden ,

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to order personal mandala ,

to book time for private consultation

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