

**Spaces of Belonging**





**longing™**



**Finding connection  
and healing in a  
temporary, urban  
refuge**



**Through the practices of sharing, caring, guided meditation, Zen sitting and walking meditation, Yin Yoga, and Yoga Nidra, we will practice slowing down and resting in the here and now with a receptive heart.**



**Slowing down, resting in the here and now**

**In a shared space, we will have time to explore what spaces of belonging mean to each one of us. We will slow down to notice the quiet and safe space within all of us. Guided meditations as well as silent Zen sitting and walking meditations will help us calm the nervous system. We will practice Yin Yoga and Yoga Nidra to give our bodies a good stretch and deep relaxation.**





## Why?

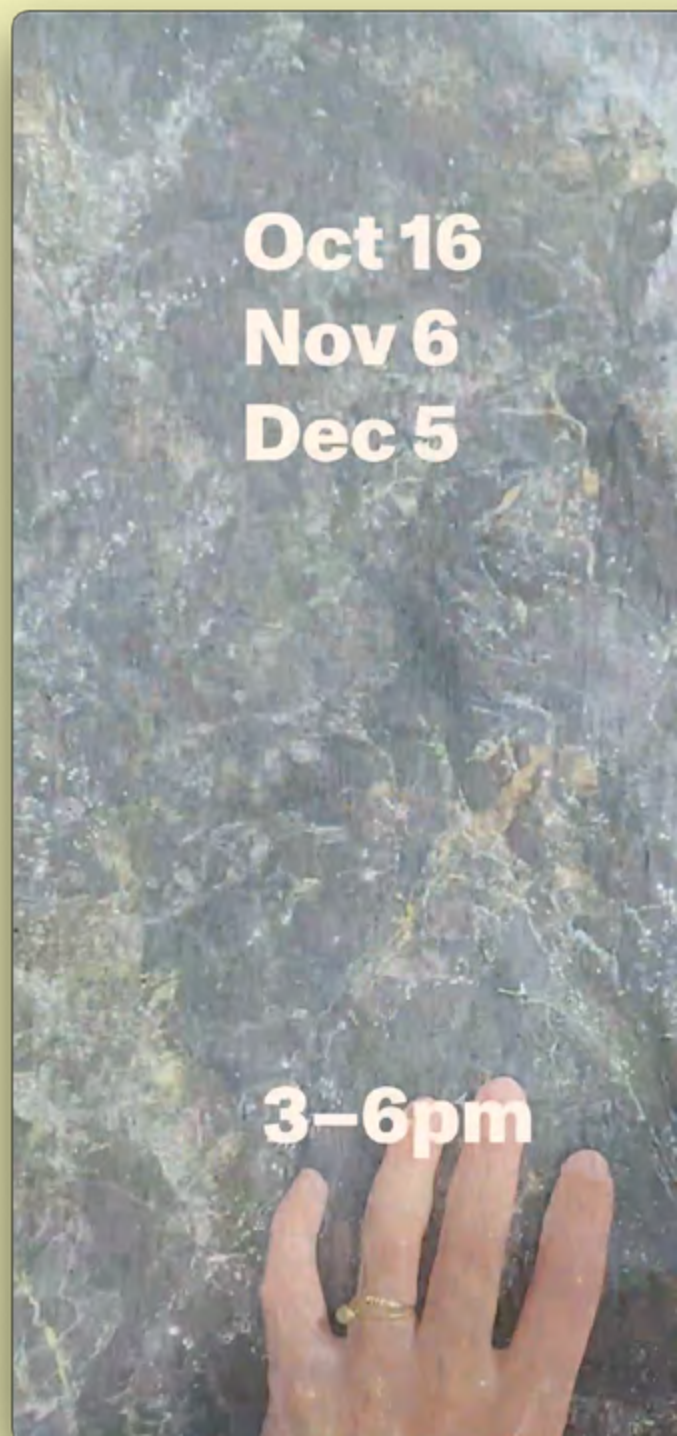
Suffering, individually as well as collectively, is very apparent at the moment: climate catastrophe, social injustices, the effects of pandemics, growing feelings of loneliness, political decisions we do not agree with.

– We can counter this with individual as well as collective exercises to restore our sense of being able to heal from past experiences and to strengthen the power and love we need to take action ourselves. We will practice tools to help us become more resilient in these difficult times. It is only from a nourished self that we are able to engage in sustainable action for a more just world, for all people, animals and nature.

## For whom?

For anyone who wants to do simple but deeply nourishing practices. People from the LGBTQ+ and BIPOC communities, people with disabilities, people who have experienced trauma and/or have no financial means, or people from any other marginalized community should feel especially valued and welcome here.

(Please be aware that this is not a therapeutic program. If you have serious health concerns, it is advisable to let us know beforehand and contact your health care provider before attending).



## About the instructor

**Amanda-Nadja Haas Abdel Halim (she/her)** has been a student of Zen and yoga for many years. She first lived in a Zen monastery in Japan in 2005 and has followed this path ever since. She is a student of Bernd Bender at Akazienendo. She is also a Yin, Hatha and Vinyasa Yoga teacher, and has her own graphic design studio and publishing house. She considers it her calling to bring health activism as well as social and environmental justice to the people who need it most.

[www.instagram.com/internalpractice](https://www.instagram.com/internalpractice)  
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[www.internalpractice.com/spaces-of-belonging/](https://www.internalpractice.com/spaces-of-belonging/)





Sharing

Caring

Guided & Zen Meditation

Yin Yoga

Yoga Nidra

### **What should you bring?**

No previous experience is necessary to participate. Simply bring loose, comfortable clothing. Please talk to us if you have any concerns/questions. We would love to welcome you to the class online or in person.

### **When, where and how much does it cost?**

**October 16, 2021  
November 6,  
December 5**

**3-6 pm**

**The sessions can be combined, but also taken individually.**

**The class takes place live at Akazien-zendo with a maximum of 16 participants, but it will also be streamed via Zoom. Akazienzendo is located at Akazienstrasse 28, first courtyard, staircase on the left, 2nd floor, 10823 Berlin.**

**The class is donation based.  
Suggested donation:  
15€ little resources/low income  
25€ regular income  
40€ as a supporter (help others with less taking part in this course).**

**Lack of funds should not discourage anyone from attending.**

Please register by email to: [info@akazienzendo.de](mailto:info@akazienzendo.de). Let us know if you would like to participate live in the Zendo or via Zoom. Please get in touch if you have any questions.


Bankverbindung: GLS Gemeinschaftsbank EG  
Kontoinhaber: Akazienzendo  
IBAN: DE63 4306 0967 1142 5848 00  
BIC: GENODEM1GLS  
Mention: Spaces of Belonging

or via Paypal ([info@akazienzendo.de](mailto:info@akazienzendo.de))  
or in cash





**Akazienendo Berlin  
English/German workshop**



**with a receptive and warm heart**