

Om shanti



For Sharing. For growing.
For having fun.

We invite you to join us in a workshop
for men.

Schedule and Prices

Dates:

Saturday December 31st at 14h until
Sunday January 1st at 16h

Price:

160 € (deposit 50% = place assured)

You can save 10% if you register before December 1st

Location:

ONESTudio

Barcelonaplein 137, 4e verdieping, KNSM-eiland

This includes:

special dinner, snacks, breakfast and lunch
lodging
workshops

Places are limited. Register quickly.

Contact Us

Frans Trepels

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NAKED NEW YEAR'S

Yoga

Meditation

Massage



Find yourself between men to make a step towards discovery of self-acceptance and of others.



What we propose

Alone yet together

Yoga - solo practice

A repertoire of postures to ground and prepare us to be present.

Yoga - partners

A practice of listening to the self and to others.

Workshops

Erotic Massage.

Meditations

Compassion and integration.

Give yourself the chance and the time to be together, in camaraderie of men.

Let's explore our limits, let's discover our way to be with ourselves and with others; to give and to receive, to touch and to be touched.

In the climate of respect, of soft confidence and of honour, let's make one more step towards unconditional love between men.

namaste



*"YOUR LIMITS ARE ONLY THOSE YOU HAVE
PLACED IN YOUR MIND."
OG MANDINO*

WORKSHOP