



Artists' Days 2025/26 in Lundo

15. December 2025 – 01. January 2026

with Heinz Grill

*Develop the potential of your own soul
and an inner foundation*

What is the significance of forming ideas and developing the fifth energy centre, *viśuddha-cakra*, in this context?

The period between Christmas and New Year is a time when a subtle sphere comes into being. It is particularly receptive to valuable thoughts that people consciously build into concrete ideas. These ideas act like seeds of hope for the future.

Creative work and research in collaboration with others will characterise these days, and anyone who is interested can participate. No special knowledge is required.

Participation for at least three days is recommended.

Artistic work will take place in various disciplines:



Examining works of architecture and art.



The art of practicing asanas and the art of adjustment.



The art of healing and aesthetic nutrition.

The art of music making.



Sport as an aesthetic and social activity.



Interior design, painting murals



Drawing yoga exercises

Food and accommodation:

Two vegetarian meals will be served per day. Overnight accommodation is available on request.

Event organiser: Imme Koll, Specialist in health education and regeneration, Organisation

Registration and information: Free university of Spirituality in Lundo

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