Bärbel Schäfer

Sat Nam Rasayan Healer instruction by Guru Dev Singh

Kundalini Yoga Teacher 3HO-Yoga Hamburg instruction by Satya Singh

Instruction in Body-Mind Centering and dance workout. Motion and perception explorer Horst Viral, Berlin

Experimental Body Method in self-investigation since 2003

Astrologic instruction "ISIS" School for Astrologie in Hamburg

Attendance workshop for body related psychotherapy, bodywork therapy and body art

Department of Medical Psychology and Psychotherapy in Graz

Communication and life coaching Focus: Communication instruction Mind clearing by Charles Berner

Reiki master and instructor in Usui system of natural healing

TAI CHI instructor Instruction by Reimer Eichhorst "DAN TIEN" School for Qi Gong and Tai Chi



Silence is a condition that allows the other in a relationship to exist really.



Bärbel Schäfer Healthy, Happy, Holy