



date	title	event	with
------	-------	-------	------

december 29th
through january
1st, 2008

Morgenlicht New Year

We invite all to come celebrate with us, welcoming the new year in a pleasant and convivial environment.

Carlos Cesar and
Martina

February

february 1st
through 6th, 2008

Nyingma Retreat

The Institute offers teachings and techniques fostering inner growth that the average person may easily utilise to improve their life quality. Thousands of people have already taken part in our semestral courses, lectures, talks and retreats.

Arnaud Maitland

february 24th
through march 3rd,
2008

Yoga Retreat

Yoga means unity, its practice harmonises body and soul. It brings about an inner balance and peace and the ability not to let outside events influence your state of mind.

Arnaud Maitland

March

march 14th
through 17th

Dynamic Aromatherapy
Course

Aromatherapy is an age-old form of therapy for all who wish to enhance their sense of smell and bring its therapeutic use into their daily life.

Karina de Araújo,
Malu Lobo, Arnaldo
Carvalho

march 20th
through 23rd

Easter holiday and The
Meeting with the Flavors

Leave your cares behind, come enjoy our mountain haven : Morgenlicht invites you to enjoy our privileged natural setting, relax in our natural swimming pool and waterfall, or simply take in the beautiful surroundings.

Carlos Cesar and
Martina



date	title	event	with
------	-------	-------	------

April

april 4th through 6th 2008	Bioenergetic Analysis Workshop	Martha Zanetti and Carlos Cesar Galliez have been working together since 1985 and during these years have deepened their thinking and insight into Bioenergetic Analysis - a corporal psychotherapy created by Alexander Lowen.	Carlos Cesar and Martha Zanetti
april 15th through 25th	Self - Development and renewal with Daime	Self-development and transformation with the Daime.	Baixinha and Jonathan Goldman

May

april 30th through may 4th	Holiday with The Meeting with the Flavors	We invite all to come take a break and relax during this holiday at Morgenlicht. Our program begins on april 30th with a Vibrational Cuisine dinner...	Carlos Cesar and Martina
may 12st through 25th	Feriado Corpus Christi and The Meeting with the Flavors	Corpus Christi at 'morning light'.	Carlos Cesar and Martina

July

june 30th through july 5th	Course in Transformation	The holistic approach of the Transformation Training conects the wisdom of the East and West and integrates different therapeutic practices. Decades of experience and research are present in this process.	Samvara Bodewig
july 12th through 25th	Silent Kyol Che retreat	14 days of silence practice, focusing on every moment and allowing your energy to return to its center and source, is one of the best things you can offer yourself.	Samvara Bodewig

August

august 1st, 2nd and 3rd	Healing	We employ our mind to generate energy, stimulating our energy centers, the chakras, by employing colors and symbols that bring about a higher state of balance, which will be felt in both body and soul, favoring emotional clarity and mental repose. Through meditation we attain a level of silence that is nutritious and healing, allowing the free flow of our individuality, our singularity, reaching deep into the essence of our being.	Heloisa Abrantes has been practicing Healing since 1989
-------------------------	---------	--	--

Save and print
[Click here](#)
 to return to the site