

## Marion Reitenberger's Workshop

A meditation of releasing blockages in our body

This evening we are going to work with two basic movements in our meditations. Those movements express themselves as „**Allow it and Let it go.**“ We dive into the blockages in our body and release them. This exercise is based on the work with the Holy Grail in present times as a real force of transformation.

7th February, 2026

Time: 6 p.m. – 8.p.m. (German time)

Costs: 15,— Euros

Teacher: Marion Reitenberger

In English language

Prior knowledge: logic of the heart

Registration: [infos.mm@gmx.de](mailto:infos.mm@gmx.de) – here you get the link and the bank details for the transfer.

### Forwarded by Susan Overhauser

This workshop requires familiarity with the meditative actions of developing an inner imagination and letting it go. Familiarity with the basic methods of Armen Tougu will help but are not absolutely necessary as long as you know the Logic of the Heart meditation method. The work will include a kind of breathing in, then breathing out and letting go, while deepening into a broader consciousness. In doing so, we seek in our broader consciousness to invite healing forces to work on painful or stuck areas of our physical body, without utilizing self-will.