



Old School, Königswinter

SIHA GATHERING

BONN

24 May - 27 May

This weekend is open to Subud Health Practitioners/Therapists/Medics and those who have an interest in health & health related projects.

Our host is the Bonn Subud group and the organiser is our Zone 4 representative, Elsa van Armen. At this gathering will be signing the documents which will establish SIHA as a Charitable Trust.

Programme is as follows:

FRIDAY

16:00 + Arrival

17:00 Light refreshments

18:00 Latihan with Testing (with the local group)

19:00 Dinner (Local group to 'Bring a dish' to share)

SATURDAY

09:00 Walk (OR dancing/exercises if poor weather)

10:00 Latihan & Testing - Selfcare & Resilience

11:00 Short Coffee Break

11:15 Art therapy: 'Tree for stability'

13:00 Lunch

14.30 Selfcare and Sharing

15:00 Tea Break

17.30 Shared preparation of evening meal (+ opportunity for treatments for one another?)

19.30 Dinner

20.30 Presentation for SIHA establishing itself as a Charitable Trust. Signing official Documents by Trustees present.

Zoom Meeting for anyone wishing to participate.

21:00 Wine tasting from local winery

SUNDAY

09:00 Walk (OR dancing/exercises if poor weather)

10:00 Latihan

11:00 Coffee Break

11.30 Kejiwaan

13:00 Lunch light & departure for those needing to/or:

14.30 Cultural tour exploring the area: Beethoven house, world heritage monastery Heisterbach etc.

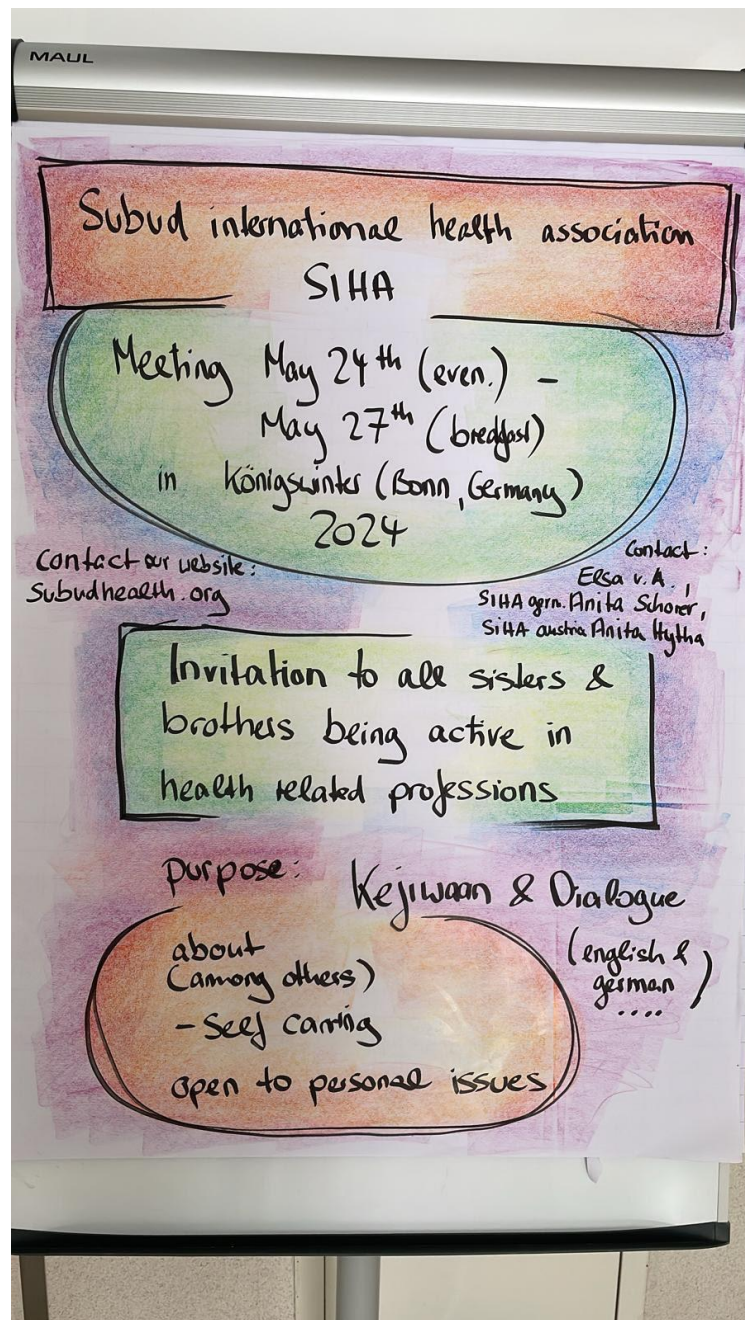
19:00 Local group latihan

20:00 Wine & Dine in a local winery

FOOD COSTS: 15 Euros per day for food on Saturday and Sunday 30 Euros Total. Could we ask those attending to pay the 30 Euros up front (by 1 week prior to the event at latest) into the German account if in Europe, or the equivalent in sterling into the British account.

ACCOMMODATION: Elsa will need to know if anyone needs accomodation ASAP.

If you would like further details or would like to book, then please contact either Marisol Greenslade at greensladeholistic@gmail.com or Elsa van Armen at eva@institut-imap.de.



SIHA PRESENTATIONS & WORKSHOPS

MEET THE SIHA TEAM AT 17.45 WITH ZOOM LINK (TO FOLLOW). JOIN US FOR LATIHAN FROM 18.00 - 18.30 LONDON, OR JOIN FOR THE PRESENTATION/WORKSHOP.

May
20 PARASITES &
INFECTIONS

18.45 London

FOR MORE INFO VISIT OUR WEBSITE:
WWW.SUBUDHEALTH.ORG

May 20th Presentation with the SIHA experts panel

In preparation for World Congress, this month's presentation will be about parasites and infections and how to avoid or deal with them.

SIHA is inviting you to a scheduled Zoom meeting

Prevention of PARASITIC Infestations!

Time: May 20th 2024. 18:45 London

World Congress Update



We are preparing for World Congress. For further information click on this link to go directly to the page on the website.

<https://www.subudhealth.org/kalimantan-world-congress-2024-siha>

With love and best wishes from the SIHA Steering committee