



Exploring Past Lives

An Introduction to
Integral Regression Therapy

with
Sigrid Lindemann

An online workshop from 18-20 November
at 4.00 pm IST with sessions of 1:30 hours duration

*Insights into a consciousness-based approach to the
questions of life, death and karma.*

*Three presentations on past lives with short interactive
glimpses, followed by questions and answers.*

Integral Regression Therapy explores, transforms and deeply heals unresolved past-life experiences, still showing in our present lives: deep-rooted beliefs, surprising affinities, persistent recurring psychological patterns and even inexplicable bodily phenomena. Once the consciousness and life-energy is retrieved, the soul's evolution progresses and life unfolds freely in this life.

Integral Regression Therapy has been developed by Sigrid Lindemann, from Auroville with her background in the work of Sri Aurobindo and the Mother. Integral Regression Therapy integrates past-life therapy, inner child work, accident trauma relief and trauma therapy in intense personal sessions.

*Join this workshop and find out more about this
fascinating work*



NAMAH
The Journal of Integral Health

REGISTRATION DETAILS

Workshop fee is Rs. 1,000

Overseas: US \$ 19

The fee is non-refundable

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The Zoom joining link and passcode will be circulated on **17th November, 2021**



SIGRID LINDEMANN



has lived in Auroville since 1987, researching consciousness and collective transformation through healing with homoeopathy (Sensation Method, Dr. Sankaran), hypnotherapy and Integral Regression Therapy (past-life therapy, inner-child work, trauma therapy) Her special interests are the evolution of the psychic being, collective evolution, mental health and trauma,. Sigrid has been teaching homoeopaths in Germany yearly from 2004 in certified seminars, her clinic, 'Integral Health' in Auroville has served the Auroville community since 2001. Sigrid founded JIVA, www.auroville-jiva.com – a platform for workshops, therapy, retreats offered by Auroville`s therapists.



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