



Somatic Meditation

Awakening Through the Body with Khulsum Edirisinghe

Tuesdays 6pm - 7.30pm

recommended donation 1,000Rs

Somatic Meditation takes our body as the fundamental arena of meditation practice. Through a series of simple guided practices and silent sitting, we connect with the inherent wakefulness and healing wisdom that is already present in our body.

Khulsum Edirisinghe has been a practitioner of meditation for over 25 years. Formerly the owner of her own ballet school, a teacher of English and an internationally published poet, she has spent many years pursuing a course of independent study on a wide range of spiritual disciplines. She has a BA in English from the University of North Carolina, USA; a certificate in Jungian Psychotherapy from the Zur Institute in California, USA and certification in Pranic Healing and Advanced Psychotherapy from the Pranic Foundation of Sri Lanka.

***Please wear comfortable clothing for meditation in both lying down and seated postures.**

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