

Moscow's 4-Day High Noon workshop, part of a 40-day spirituality workshop

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July 6, 2026 marked the commencement of a specialized four-day High Noon workshop in Moscow, Russia. Operating as an integral part of a broader 40-day spirituality workshop, this intensive program is designed to provide participants with deep theological and practical insights into core spiritual principles.

The workshop is being guided by international facilitators Andreas Pock and Diana Eşanu. Under their leadership, the seminar offers a series of in-depth lectures focused specifically on the topic of true sexuality, exploring its spiritual significance, boundaries, and divine purpose.

Key Event Metrics

Location: Moscow, Russia

Duration: 4 Days

Daily Attendance: 110+ participants per day

Core Activities and Program Elements

The daily schedule is structured to balance intensive study with internal reflection and community building. Participants engage in a comprehensive curriculum each day, which includes:

In-Depth Lectures: Interactive presentations led by the workshop leaders exploring the theological frameworks of true sexuality.

Group Discussions: Smaller breakout sessions allowing attendees to process the teachings, share perspectives, and ask questions.

Prayer Sessions: Dedicated times for spiritual alignment, centering, and personal devotion.

Cheon-yang: Traditional spiritual practices aimed at physical and spiritual alignment.

Fellowship and Reflection: Structured and unstructured time for participants to bond, build community, and contemplate the material on a personal level.

Atmosphere and Practical Application

The overall environment of the workshop is characterized as focused and open. Attendees are demonstrating a high level of engagement, actively exploring how these profound teachings can be practically applied to navigate modern challenges in daily life.

Current Outlook: The workshop continues to foster a deeply meaningful and enriching experience for all 110+ attendees, successfully providing the tools needed for substantial spiritual growth and personal transformation.