WFWP Spain: A Trip to Consciousness - An Inspiring Workshop with Dr. Lindhard

Marcia de Abreu
September 29, 2026



On 29 September 2026, Dr. Lindhard led a workshop entitled "A Trip to Consciousness," welcoming around 22 participants for an evening of exploration, reflection, and personal discovery.

The participants created a warm and receptive atmosphere, allowing them to engage deeply with the content and explore their consciousness. The workshop also offered an opportunity to recognise and begin working through personal blocks, helping participants move towards greater self-awareness and inner growth.

Dr. Lindhard thanked everyone for their openness and participation, encouraging them to seek support if they experienced questions or challenges following the session.

For those wishing to explore the practice further, courses in Arka Dhyana can also be arranged. The full course consists of five sessions, guiding participants to deepen their understanding of consciousness, explore different levels of awareness, and learn to be present with whatever arises.

The workshop was a meaningful opportunity to discover more about ourselves and take another step towards personal growth and inner peace.


Taller:
El viaje de la consciencia:
niveles, obstáculos y poderosas prácticas
para transformar tu mundo interior
Imparte Tina Lindhard
investigadora, docente, mentora académica
y practicante de meditación centrada en el corazón
Martes 29 de Septiembre, de 17.00-21.00 h.
Espacio Ronda Madrid
Ronda de Segovia 50
Metro Puerta de Toledo L5
Aportación 10 euros
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