

**Tuesday 26 December 2017 at 18:00-20:00**

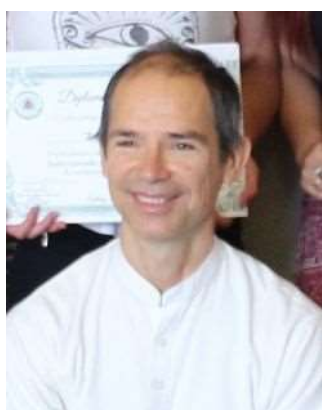
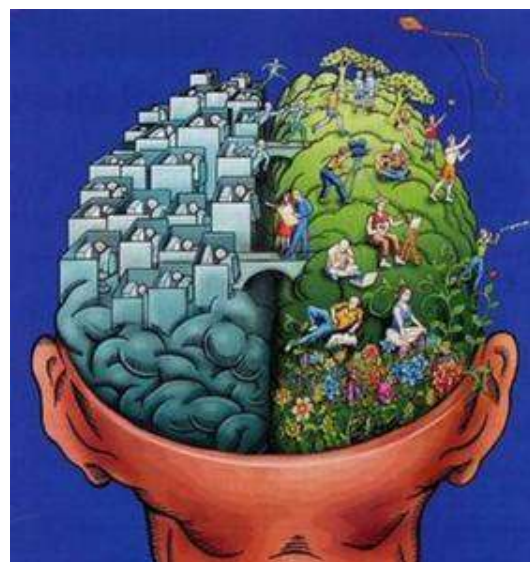
# Transcending the Value-Based Judging of the Dualist Mind

Value-based judging limits and stiffens your perspective, narrows your outlook, reduces your options, makes your actions and those of others clumsier, hardens your heart.

In this workshop you will learn how you can liberate yourself from value-based judging in body, speech, and mind.

We will learn to recognize value-based judging and its consequences, review the sociobiological and evolutionary reasons for value-based judgment, the karmic weight of value-based judging, and the spiritual evolutionary reasons for learning to suspend judgment.

The workshop includes practical, hands-on exercises, yoga and meditation.



**Facilitated by:**

Manu

(PhD, Lama, E-RYT 500)

<http://www.mahamudra.fi/>

**Place:**

Manipura Yoga Studio

Salomonkatu 19

00100 Helsinki

(near Kamppi metro station)

**Suggested donation:** 20-30 €

**Contact:**

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