

BIBLE · MEDITATION · COMPANIONSHIP

Meditation

Ursula Scheid

- Come to stillness
- Come to yourself
- Come alive
- and encounter God



Ursula Scheid

Leader of Christian meditation, supervisor and coach

meditation-ursula.com

Five paths that belong together

Everything is available for groups, and most of it one to one as well. For parishes, teams and communities I put events together specially — as an evening, a day of retreat or a weekend.



Christian meditation

The introductory course “Living simply” leads into meditation in seven steps and seven sessions of two hours each — for beginners and for the experienced alike. Meditation weekends at Haus Werdenfels follow on from it.



Spiritual companionship, counselling and pastoral care

Walking alongside you in whatever phase of life you are in: before far-reaching decisions, in times of crisis, and around great changes. For individuals it is anonymous, with no data recorded.



Body awareness and relaxation within faith

A weekend of meditation, eutony and tai chi that strengthens your own body awareness and asks, with the help of scripture, what the body has meant and still means for our faith.



Coaching and supervision

Professional and individual coaching grounded in the Christian understanding of the person, at the Refugium of Haus Werdenfels and at my office in Undorf. The first conversation carries no obligation and no charge.



Meditative dance

Lively, quick and quiet dances in a circle of like-minded people, following the season and the Christian year. All that is needed is a pleasure in dancing and a suitable room.

CONTACT

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