

WORKSHOP IN PRAGUE; SEPTEMBER 2025

RESILIENCE NEEDS ROOTS

INVITING STRENGTH AND CONNECTION

DEVELOPING A SILENT PLACE INSIDE



Friday 5 Sep (5pm) - Sunday 7 Sept (1pm)

Maitrea, Týnská 6

Prague 1 Czech Republic

Price: 350 EUR

Zoom introduction to the programme and trainers:

17 June 7:30pm - 9pm

**Please note that
the event is in
English only.**

Grounded in a systemic approach, ancient wisdom and rituals, this workshop explores the broader context of our lives.

It offers space for deep reflection and valuable resources for regeneration.

By consciously exploring life's dynamics, participants connect with their family roots, interweaving soul, body, mind, and heart.

Trainers and facilitators

RIA VERLINDEN



LENKA MÍKOVCOVÁ



OLI NEŠPOROVÁ



Register [HERE](#)

Need to know more?

Contact lenka.mikovcova@gmail.com

About the workshop

Our needs for safety, belonging, and recognition define what it means to be human. When these needs are unmet, we experience fear and uncertainty, becoming less attuned to our hearts, minds, bodies and souls. This disconnection weakens us, leaving us vulnerable and more likely to follow those who promise quick and easy solutions.

How and where can we find sources of courage and self-esteem? How can we discover a silent place within ourselves? How can we connect with others in a way that fosters strong and healthy relationships?

This workshop is designed to help you reconnect with your own strength and true nature. It provides you with techniques to cope with life's challenges, empowering you to find your own courage and to build meaningful connections with others.

Programme

Friday Sept 5 (5pm - 8pm)
Forming Community, Celebrating Hearts.

Saturday Sept 6 (9.30am - 6pm)
Connecting with your inner strength. Finding determination in your silent inner space. Building connections between yourself and others.

Sunday Sept 7 (9.30am - 1pm)
Harvesting wisdom. Ritual to step into your own river of life.

Any questions? Please contact:
Oli Nešporová, onesporova@gmail.com
Lenka Mikovcová, lenka.mikovcova@gmail.com



About the trainers

Ria Verlinden

Trainer, coach, and supervisor in systemic work, traditional wisdom and rituals. Ria is a citizen of the world and through her many years of international work she has developed into a colourful woman.

She has a deep connection with Africa – the Mother Continent. For over 30 years she has guided women and men in their personal and professional growth. Today, as an Elder, she facilitates transition: from knowledge to wisdom, from knowing to being, from being kind to being clear, warm and strong. Taking up leadership versus controlling is a journey for all of us. And for herself.

<https://www.the7thc.be/about-ria>

Lenka Bergmann Mikovcová

Lenka approaches situations conceptually, with respect and empathy. She utilizes principles of systemic therapy, non-violent communication, neuro-linguistic programming Montessori pedagogy and playfulness. She has learnt primarily from Johann Zeilhofer (Bhagat) and Ria Verlinden and has been greatly influenced by seminars led by Pavel and Taťjana Kopřivová. As a teaching assistant, Lenka spent several years working with children with special educational needs (ADHD, autism, diabetes) and their parents. She is the author of books that offer unconventional approaches to the cycle of life, sleeping rituals, and individual needs, both for children and adults. Together with her husband she is a co-author of the "The Tree of Joy and Success"; an approach that helps young people from children's homes to clarify their inner motivation and deeper context of their lives before making a decision to start a new project, get a job or start a business.

<https://www.lenkabergmannmikovcova.cz/home/>

Oli Nešporová

As a craniosacral therapist, yoga teacher, and Ayurvedic practitioner, Oli supports clients in enhancing body awareness and self-perception. Connecting with our inner natural forces creates the conditions for harmonizing the body, soul, mind, and heart, which is essential for a balanced lifestyle and self-healing. In this workshop, Oli will guide participants through various body techniques and pranayama practices to deepen their body perception and release tension. You will receive clear, practical guidance and tips to integrate into everyday life. Rhythmic movement is inherent in our cells, tissues, and organs, as well as in the world around us. The movement of cranial bones is a clear example of this. This workshop will explore how to tap into these movements and find stillness, allowing for deeper healing. Oli recommends booking a full craniosacral session before or after the workshop for a more comprehensive experience.

<https://www.olinesporova.cz/en/>