

WORKSHOP · VU AMSTERDAM

Meditation for Everyday Life

A guided contemplative session connecting inner awareness with the way we respond to ourselves, other people and the wider world.

20 OCTOBER 2026

16:15–17:15 CEST

Flexible classroom - room to be announced

20 October · VU Amsterdam · English

WITH



Nuthan Manohar

Facilitator

The Happiness Tour

Guided meditation, quiet reflection and a gentle conversation on translating awareness into responsible action. Open to everyone. No previous meditation experience is needed.

Join the conversation

FREE PARTICIPATION · REGISTER TO JOIN

livingdharma2026.omrise.net

