

## WFWP Ireland hosts lessons with Arka Dhyana Intuitive Meditation

Amanda Toumanguelov  
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Arka Dhyana is an intuitive meditation method introduced to Ireland by Dr Tina Lindhard. The programme delivered a 5-session hybrid course (first session in person in Dublin, followed by four online sessions) designed to reduce stress, nurture emotional balance, and awaken participants' transformative and healing energies.



The in-person session on Sunday 9/11/25 offered an immersive three-hour introduction combining guided practices in breath, sound and gentle touch to help participants contact their deeper Self and cultivate intuitive awareness.

The follow-up online sessions (2 hours each) continued the practice, provided guidance for home integration, and created a supportive cohort environment. The course emphasised accessible techniques for personal wellbeing, practical self-regulation, and the potential for long-term inner development.

Promotional materials and flyers were shared on the WFWP Ireland Facebook page and on the Arka Dhyana website to encourage registration and wider participation for this collaboration.

Reported by Amanda Toumanguelov

WFWP Ireland President

# ARKA DHYANA

## INTUITIVE MEDITATION

Online workshop in 5 sessions  
(first session also presential in ireland)

An enlightening journey into your inner realms initiated by  
your touch, sound and breath - **SRINIVAS ARKA**

Reduce stress  
Contact your Self  
Know your potential  
Nurtures emotional Balance  
Nourish your intuitive consciousness  
Awake your transformative and healing energies

Imported by  
Dr. Tina Lindhard



Suggested Donation 60 Euros



[www.arkadhyana.org](http://www.arkadhyana.org)

Arka Dhyana hybrid course in 5 sessions  
First session 3 hrs and rest 2 hrs

Unity House,  
19 Nth Great George's St. Dublin D01 NT22.  
9, 16, 23, 30 Nov. & 7th Dec.  
10am GMT / 11am CET

Information:  
**34 659 06 77 97**  
Registration:  
**WhatsApp: 353 85 865 9986**

# ARKA DHYANA

## WORKSHOP

VIA PRESENTIAL AND VIA ZOOM

"Intuition awakens when intelligence is exhausted. By consciously allowing your heart to supersede the mind during the practice of this meditation, the latter will gracefully accept new guidance. The aim is not to control the mind but allow it to flow in the direction you intend." (Srinivas Arka)

Through concentration on breath, sound and touch, Arka Dhyana essentially serves as a soothing journey into your own private Universe. It brings the ancient techniques of yoga fully and meaningfully into the 21st century and its intuitive base allows everybody to progress and evolve in their own distinctive way.

In a recent peer review study (Lindhard, Hermann, & Edwards, 2021), the Arka Dhyana method showed highly significant increases in both heart coherence and progress. In addition, 83.8% expressed positive qualitative emotional changes such as "It brings me into the body and heart with more ease.. which in turn leads me to flow through challenges with more grace and acceptance"; "I feel integrated and aligned with my heart, soul and body"; "I feel calmer, which allows me to face the day to day in a more positive way..."

Information: +34 659 067 797

Registration: 353 85 865 9986

[www.tinalindhard.org](http://www.tinalindhard.org)



[www.arkadhyana.org](http://www.arkadhyana.org)