

Sunday Oct 21st, 2018 schedule

10 am - Children Mindful Yoga with Samara

A call to all the Wonder women Spider men Batman out there... Come and join this superhero themed class and gain more strength, balance and intuition. The Planet needs you!! (Bring your capes!)

11am - Mindfulness for families with Véronique

All ages. We will explore together a few simple and very practical mindfulness practices that we can incorporate in our daily family lives in order to reduce stress and increase health and happiness for all!

12 - Ease and Alignment Yoga with Paula

This class is designed to bring awareness of an easy balanced alignment in yoga practice, without the pushing or unconscious straining which leads to unneeded tension. The class will begin with an extended set of mindful warm ups to open and balance the body, followed by a short Kundalini Yoga kriya to put this new postural ease into practice, and to give participants a direct experience of the transformative effects of Kundalini Yoga. Individual 'hands on' guidance will be available during the warm up time for those who would like it. Suitable for all levels of yoga experience from advanced to none.

1 pm - Mindful Reflection & Sitting Meditation with Véronique

You are invited to spend an hour of quiet reflection with time to consider what matters most to you. We will pause together, dedicate our session and allow ourselves to listen to the guidance within. No need for any prior experience.

2 pm - De-stress Sophrology with Dominique

Sophrology Expert Dominique Antiglio will explain the basics of Sophrology and take you through a simple combination of relaxation, breathing, body awareness, visualisation and meditation exercises to help you relax, unwind and learn new strategies to overcome stress in your daily life. The practice of Sophrology can help everyone to feel happier, more balanced and empowered. It can also be used to help specific issue related to sleep, anxiety, confidence or to find more clarity and purpose.

3 pm - Sonic Meditation followed by a Silent meditation with Véronique

Chanting the Note from Heaven helps detoxify the body, release self-limiting beliefs or old traumas and brings us closer to who we truly are. Allow yourself to be amazed at the power of the group welcoming sacred sound and moving into greater levels of stillness. Resting in the silence following the sound brings an unparalleled restorative period and deeply integrates the experience.

4 pm - Healing Hour for all ages with Ambrosia Healing and Véronique

Ambrosia Healing is coming all the way from Zele in Belgium!

You will be fully clothed; you can choose to remain seated or you can bring your own yoga mat, a pillow and a light blanket. Only a few mats will be available. Healers may use light sound or complete silence. You will be invited to reflect on what it is you need healing for on that particular day.

5 pm - Kirtan with Virginie

My deepest wish is to create a healing space by chanting together and merging our voices.

When we sing together, we can only be in the present moment and together we create a meditative space within. Mantras are sacred phrases. Chanting mantras not only connects us to their quality but also offers the added healing effects to clear our thoughts. We will sing together beautiful mantras from various spiritual teachers and also some improvised mantras with the intention to be a pure channel of Source. Come and join me to experience a unique moment!