

Programme for Sunday January 20th

10 am - Children Yoga with Samara

"Buckle up. We are flying to the Moon!

Come and join our Space inspired yoga class.

Stretch your body and your imagination on a fun journey with Samara."

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 - Kitchen remedies with Susanne

In this workshop Susi will discuss the wealth of natural remedies that are hiding in the kitchen cupboard. They are very effective, cheap and safe to use for the whole family. Get ready to "bust the bugs" the natural way and learn about simple remedies for sleep, digestive problems, how to make your own healthy cough syrup, "chili socks" to combat cold feet and other little ailments.

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 - Loving and honouring who you are with Mayella

Learn how to do a simple muscle test for yourself – you can check your beliefs and what food or medicine is good for your body.

Check the beliefs you hold that may be blocking you loving and honouring your self –

and then have them changed.

Receive new beliefs that support you loving and honouring your self.

3 pm - Bolly Yoga with Shefali

Bollywood dance is an expression of emotions to match the words in the songs and includes moving most parts of your body hence it's a good workout with creativity!! Everyone can try it!!

Bollywood dance always follows after a yoga warm-up so that nobody can hurt themselves during dance if their limbs are secure in their joints.
Shefali finds Bollywood dance a great stress buster.

4 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.

5 pm - Healing Hour for all ages with Véronique

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.