

Our weekly programme at a glance



WEEK 1:
Reconnecting with your
body. Getting to know
yourself in the present
moment



WEEK 2
Letting go of tensions,
Increasing the positive
inside yourself



WEEK 3
Reducing mental
chatter,
Improving focus and
concentration



WEEK 4
Making friends with
yourself, Cultivating
self-love and compassion



WEEK 5
Tapping into your inner
resources and dormant
powers



WEEK 6

Finding your refuge, Creating instant peace

This practice requires repetition to be effective. An audio recording will be provided



WEEK 7

Defining your goals, Embodying your life values



BONUS SESSION:

Trusting your intuition to help you make more aligned decisions

PLEASE NOTE:

The programme may change to adapt to the needs of the group