

HARMONISING

The day is designed so you can choose the sessions that particularly suit you. Where you see that sessions are duplicated, this is to allow people to experience as much as possible.

	ROOM 1	ROOM 2
09:00 - 09:30	ARRIVAL	
09:30 - 10:00	INTRODUCTIONS AND INTENTION SETTING Meet our practitioners, discover more about the sessions, and set your intentions for the benefits you want from your day with us.	
10:00 - 10:45	TECHNIQUES FOR RAPID CHANGE Learn some powerful techniques to dissolve the impact of negative memories, reduce pain and change your state instantly.	ENERGY BALANCE & NUTRITION Discover your Ayurvedic energy balance and how matching your diet to that energy balance can optimise nutrition and wellness.
10:45 - 11:15	REFRESHMENT BREAK	
11:15 - 12:00	PAST LIFE MEDITATION In hypnosis, go deeply within your awareness to potentially uncover long lost memories of past incarnations. Could it change how you view yourself?	OILS & MENTAL STATES Uncover the perfect Ayurvedic combinations of oils for atmospheric and massage purposes to assist your mood and help you feel more balanced.
12:15 - 13:00	HYPNOTHERAPY TO WORK WITH NEGATIVE EVENTS A powerful negotiation with your unconscious mind to change the relationship between you and those events which have impacted you.	SOUND BATH Bathe yourself in certain specific frequencies, shown to aid grounding, healing, reduce muscular tension, improve circulation and promote feelings of calmness.
13:00 - 14:00	BUFFET LUNCH	
14:00 - 14:45	PAST LIFE MEDITATION In hypnosis, go deeply within your awareness to potentially uncover long lost memories of past incarnations. Could it change how you view yourself?	SOUND BATH Bathe yourself in specific frequencies, shown to aid grounding, healing, reduce muscular tension, improve circulation and promote feelings of calmness.
15:00 - 15:45	TECHNIQUES FOR RAPID CHANGE Learn some powerful techniques to dissolve the impact of negative memories, reduce pain and change your state instantly.	MOVEMENT FOR RELEASE Learn Shiro Abhyanga inspired movements and stretches that help to relieve tension & headaches, improve sleep, promote relaxation and overall well-being.
15:45 - 16:15	REFRESHMENT BREAK	
16:15 - 17:00	OPTIMISE YOUR ONWARD JOURNEY We come together in Savasana, a deeply restorative practice that balances the body by calming the mind and spirit. We will be enveloped in a soothing Solfeggio frequency to enhance our experience of a powerful metaphor to empower us in our future journeys in life.	