

Journey into you TIMETABLE

Saturday October 4th

4PM in the studio

Start your journey by opening your heart, the most powerful organ in your body. The heart controls all your systems. We will begin by ensuring you are all breathing properly and understand the yogic breath. We will then do the ancient Buddhist practise to open the heart and begin to shift you at the level of the subconscious, with breath, asanas, sound bowls, and shamanic bells, finishing with a heart meditation.

Sunday Oct 5th. Water Element/Sacral Chakra | Sound Flute/Sense of taste/mouth/passion/desire/all the fluids in the body i.e blood, lymph/approx 72% of your body

Morning Session: 6.45am

Sunrise yoga on the beach. Meet point Santa Maria Beach beside the main pier - Video will be provided on how to walk there.

We will greet the extraordinary Ocean, with gratitude. Release all the grey energy you have carried with you up to that moment and then begin with Pranayama. Followed by an asana practise, the pulling of energy from all around us, and a water meditation.

After the class you are free to have a swim, play on the beach, or whatever else you want.

Afternoon Session: 5 - 6:30pm in the Studio

Learning the 5 Pranayama's, which will begin every class. Then a slow release of all negativity and trauma carried in our muscles, with asanas and sound bowls. Followed by a guided shavasana.

After class, welcome veggie dinner and understanding the journey.

Monday 6th - Full Moon. Ether (Akash)/Throat Chakra | Sound waves/Sense of hearing/ears, communication/boundaries/all the space in your skeletal cavities and body/approx 6% of the body

Morning Session: 7am in the studio:

Pranayama, Traditional Sun Salutations, Asanas flow, and Yoga Nidra.

Afternoon Session: Full moon at Ponta Preta Beach, under the stars, in a beautiful tent:

18h Transfer provided from the studio.

Pranayama, the setting of a sankalpa, gentle asanas, meditation on the ether element with spiritual African drums. Dinner will be provided in the tent

Tuesday 7th - TAO Healing for the five elements, organs, & pulling energy from the cosmic universe.

Morning Session: 8h - Botanical Garden. Transfer provided from the studio at 7:50am

Afternoon Session: 5 - 6:30pm - Deep release from joints with yin and a tuning fork. Antar Mouna meditation to observe the mind/the self.

Wednesday 8th - Earth/Root Chakra | Sound Drum/sense of smell/nose/fear/security/skeletal structure, organs, glands etc/approx 12% of the body

Morning Session: 8am transfer to the Volcanic Crater (Pedra de Lume) - Enter the crater for a Pranayama and asana practise. Followed by a guided earth meditation with African spiritual drums

Afternoon Session: 5 - 6:30pm in the Studio. Restorative healing class with shamanic bells and bowls

Thursday 9th - Air/Heart Chakra | Sound Bells/sense of touch/skin/love/give & receive/Breath/approx 4% of the body.

Morning Session: 6.45am Transfer from the studio to Santa Maria salt mine - Standing joint release, Air meditation and Ancient African Drumming class in the desert.

Afternoon Session: 5pm to 5.40pm Advanced Five element Meditation, on the elements in their geometric form (Yantras)

6:00pm: Sunset on the beach of Angulo Restaurant + Satsung @ Bonfire (sharing, final questions, etc etc) 7:00pm: Dinner at Angulo (drinks not included)

Friday, 10th - Fire/Navel Chakra (solar plexus) sound Harp/sense of sight/eyes/ego, self worth, ego/digestive system, metabolism, assimilation/approx 5% of the body

Morning Session: 6.30am in Santa Maria beach – in front of Morabeza Hotel

Pranayama, gentle movement to open chakras, meditation for the sun element.