



LOVE YOURSELF MORE

*A gift
to
yourself*

DECEMBER

FRIDAY

3

AT 7 AM

2023

THE HIDDEN OASIS

Pune, Maharashtra

@joyhamesha WA Anamika +91 9769355585



FOCUS

- Focus and indulge in the most important person in your life - YOURSELF.
- Experience more peace and re energise yourself.
- Allow yourself and be willing to give yourself this gift.
- Understand what is causing tightness in your life.
- Be willing to welcome the lightness that is truly yours.
- Uncover past layers of conditioning and limiting beliefs.
- Release and transform to experience the harmony.
- Give yourself permission to change. It's safe. It's only change.

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SCHEDULE



DAY 1

- INTRODUCTION TO CHANGE

- HEAL YOUR LIFE PHILOSOPHY

- THOUGHTS-FEELINGS-BEHAVIOUR LINK

- SELF AWARENESS



DAY 2

- INNER CHILD NURTURING

- DEALING WITH NEGATIVE EMOTIONS

- CONNECTING WITH NATURE

- CONSCIOUS RELATIONSHIP BUILDING



OPTIONAL SESSION



MORNING MOVEMENT
MEDITATION



SCHEDULE



DAY 3

- **CONNECTING THE DOTS**
- **PUTTING IT ALL TOGETHER**
- **WRITING YOUR NEW STORY**

FACILITATOR



Internationally certified HYL Teacher Certified NLP Practitioner

Reiki Healer

Certified in Managing with the Heart and Mind for corporates

Trained in Nutrition, Physiology, Grief and Sleep Therapy.

Alumnus of IIM, Bangalore

Graduate in Mathematics

Post graduate in Computer Technology

TCS, Deloitte and KPMG

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TOOLS &

DAY 3

- CAREFULLY CRAFTED REFLECTIONS
- GUIDED MEDITATION
- NATURE WALKS
- VISUALIZATION
- AFFIRMATIONS
- MOVIE SCREENING
- SOUND THERAPY
- MIRROR WORK
- EMOTION WHEEL
- MOVEMENT THERAPY

THE ENERGY EXCHANGE

Rs 21,000.

Includes stay in double occupancy, all meals, retreat handouts and materials and one personal coaching session.

Transport to and from Pune not included.

Instalment plans available

Additional group discounts

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