

The event workshops will take place in the beautiful light-filled studios at LIFT in Angel, London. We'll start and finish the day together in the SUN Room for the opening & closing ceremonies. The six workshops are divided into two rooms:

SUN Room: Dance Alchemy ~ Sound Healing ~ Yoga

MOON Room: Conscious Dance ~ Music Alchemy ~ QiGong

To choose which room you'd like to be in for the day, please read the descriptions below. Both rooms reflect each other in terms of time and theme, so on the day you'll get to experience all 3 elements: Movement, Music and Mindfulness.

Sun Room

Moon Room

10:00 - 10:30

Welcome Ceremony

Lead by Josie

10:30 - 12:30

Dance Alchemy

Guided by Josie

12:30 - 13:15

Lunch Break

13:15 - 14:45

Sound Healing

Guided by Sabio

14:45 - 15:00

Break

15:00 - 16:30

Yoga

Guided by Lauren

16:30 - 17:30

Closing Ceremony

Lead by Blanca
with Janet, Cristina, Emmeline & Sabio

10:00 - 10:30

Welcome Ceremony

Takes place in the SUN Room

10:30 - 12:30

Conscious Dance

Guided by Emmeline

12:30 - 13:15

Lunch Break

13:15 - 14:45

Music Alchemy

Guided by Eve & Josie

14:45 - 15:00

Break

15:00 - 16:30

Qi Gong

Guided by Rosemary

16:30 - 17:30

Closing Ceremony

Takes place in the
SUN Room

Movement

Dance Alchemy ~ SUN Room ~ with Josie

Dance opens our hearts and senses through meaningful dialogue with the body, allowing us to release tension, emotions and old patterns. By moving our bodies, we become grounded in the present moment and awakened to the soulful essence of who we truly are. The marriage between music and movement opens a channel through which we can acknowledge and honour our deepest emotions (grief, anxiety, fear, anger, abandonment, rejection, low self-worth) and use the body to express and transform them to a lighter, happier more balanced state of being.

Josie uses her background in dance and music and the experience of her own healing to create workshops that offer a supportive space in which to move and express freely. For those who love to dance or for those who sometimes struggle to express their thoughts and emotions verbally, Dance Alchemy can help to

- ~ build trust and connection to self and others
- ~ nurture self-confidence, self-worth and self-love
- ~ allow for deep self discovery and physical exploration
- ~ transmit, transmute and transcend limiting beliefs&feelings
- ~ engage the mind, explore the body and express the soul

Conscious Dance ~ MOON Room ~ with Emmeline

Conscious Dance is an opportunity to be curious, creative and experimental by exploring movement through both guided and unstructured improvisation. During the workshop, there will be a chance to jump, spin, fly, glide, sit, breathe and connect to whatever movement patterns you need at any given moment.

Emmeline has a deep interest in how we respond to external and internal impulses/stimuli and uses these as a catalyst for both conscious movement choices and instinctive bodily responses. She assists people in observing how we internalise experience, emotion and memory in the body and guides them towards finding ways for these moments to be expressed through movement.

The tools and techniques Emmeline offers are a remembrance of practices such as mindfulness, connection to the body and observation of bodily sensations, all of which can be used as a guide to stay anchored to the present moment. Her workshops are designed to help people feel connected and confident in their moving body and for the tools to be an echo of the experience of finding that confidence in the workshop which can then be replicated and applied to their own life.

Music

Sound Healing ~ SUN Room ~ with Sabio

By desiring harmony, you will balance your life. By becoming harmony, you can change the world. Sabio provides transformational mind-body tools that help restore your original balanced state of wellness and harmony. His aim is to provide simple applications to balance two main aspects of our earthly existence: mental/mind and physical/body. Optimising these two aspects is crucial for re-connecting to our true, limitless essence, the creator of all aspects of our life. His deep interest in investigating sound/vibration in relation to the body, mind and spirit, lead him to study and integrate a multitude of sound healing approaches into his workshops. Due to the positive impact this information has had on his own life, he has a strong desire to share it; "Sharing is giving, giving is receiving, receiving is growing."

Sabio has designed his workshops to offer an experience of rebooting the system on three levels: mind, body and spirit, and makes this possible by guiding participants through a conscious exploration using elements of movement, voice work, breath work, therapeutic live music and relaxing sound bath. His simple, yet profound exercises will help to harmonise and gently restore the natural order of your being.

The musical instruments and therapeutic tools he uses were designed to produce a series of harmonic vibrations that penetrate deeply into the organs, tissues and bones, which help to rebalance the subtle aspects of your being where many unloving patterns may reside. This sound healing journey is an opportunity to naturally release old tensions, rejuvenate your body and mind, and restore the radiant joy of feeling whole.

Music Alchemy ~ MOON Room ~ with Eve & Josie

Music speaks to the soul and can be used in many ways to soothe, rejuvenate, uplift and energise our body, mind and spirit. How we consciously choose and engage with music can have a transformative impact on our inner and outer worlds. The body can be seen as a 'human instrument' with its own unique tone and vibration. Feelings of anxiety, fatigue, depression or anger can indicate that our body is not in 'harmony' and needs retuning/recalibrating. Music and sound, when utilised with intention and attention, is an effective healing tool to help restore inner balance, reduce anxiety, deepen the connection to self, and enhance confidence, clarity, creativity, concentration and motivation.

Music Alchemy is an immersive journey allowing participants to become completely engulfed in both an interactive and receptive sound experience. The workshop is divided into two parts: a participatory exploration of music and sound using the voice, breath, body and musical instruments ~ and a passive experience for guests to relax and receive a unique soundscape of carefully selected frequencies with live improvisation of harmonic and percussive instruments.

Eve and Josie met 20 years ago while studying music at university. Since then, music has been an integral part of their work and personal lives and is also at the core of their connection. Together, they create a supportive and non-judgemental space as an invitation to experiment and experience. During the workshop, you'll be given ideas of how to use sound/music to support and uplift you emotionally, mentally and physically. No previous musical experience is necessary as we are all musical beings by nature!

Mindfulness

Yoga ~ SUN Room ~ with Lauren

Yoga is a way of connecting to yourself on a profound level. It is a beautiful tool to allow you to dive deep within your body, to quieten the mind and to reach a place of stillness in which to experience and get to know yourself on a whole new level, beyond the physical you that you present to the outside world.

Lauren opens a sacred space in which participants have the opportunity to spend some quality time delving into themselves in a heartfelt way. With extensive training in India and Asia, Lauren's teaching method has been inspired by traditional Hatha Yoga methods as well as Tantric and Kundalini Yoga. In her workshops, she combines both passive and active practices, incorporating a balance of still asana/posture practice and more dynamic movements. She describes her classes as a "moving meditation" as postures are practised with the eyes closed and emphasis is placed on a range of different breathing techniques. By using simple breathing techniques, the body becomes activated and sensitivity is enhanced, allowing for subtle sensations to be experienced; sensations that may not have been felt before or are rarely felt due to the nature of our lifestyles and environment.

All of the elements that Lauren combines in her workshop offer a nourishing experience to help you feel renewed, refreshed and energised as well as peaceful, calm and centered.

Qi Gong ~ MOON Room ~ with Rosemary

Qi Gong can help bring healing energy to particular parts of the body to transform anxiety, trauma and disease into inner peace, self-confidence, and improved health. A daily practice of Qi Gong can also lower stress levels, increase energy and bring a sense of well-being into your life.

Having been in body work all her life, Rosemary feels fortunate to reap the benefits of Qi Gong and takes great joy in passing it on to others. With experience in Dance, Pilates and Qi Gong, Rosemary has put together an effective programme of daily exercises to help alleviate stress and anxiety, and to help with trauma release and recovery. She will gently guide participants through a series of simple exercises which can have a positive effect and help change your outlook on life.