

DAILY MEDITATION SCHEDULE

Fri 19 July to Sun 18 August 2019

MONDAY / TUESDAY

- 7H30 Guided Meditation to Start your day with Powerful Intentions
- 8h30 Guided Meditation for Purpose and Potential
- 9h30 Guided Meditation for Higher Perspective
- 10h30 Guided Meditation for Clarity, clearing away blocks
- 11h30 Guided Meditation - Synchronise with the New You
- 12h30 Guided Meditation to Visualise and Manifest Anything

BREAK UNTIL 2PM

- 14H30 Guided Meditation to Experience and Visualise Wealth and Prosperity
- 15h30 Guided Meditation for Feeling Present - Breathing technique
- 16h30 Guided Meditation to Open your Heart & Touch your Soul
- 17h30 Guided Meditation for Full Body Relaxation
- 18h30 Guided Meditation for Detaching from Overthinking/Thinking
- 19h30 Guided Meditation for Stress / Anxiety Relief
followed by Grounding Meditation for peaceful sleep later on.

WEDNESDAY (services by appointment only)

Hypnotherapy (better your chances to achieve goals and overcome adversity)

Past Life Regression

TRE (trauma release exercise)

THURSDAY / FRIDAY

- 7H30 Guided Meditation - Root Chakra - Energy, Vitality and Security
- 8h30 Guided Meditation - Sacral Chakra - Creativity, Abundance, and Manifestation

- 9h30 Guided Meditation - Solar Plexus Chakra - Inner Power, Self Esteem and Confidence
- 10h30 Guided Meditation - Heart Chakra - Self Love, Compassion and Joy
- 11h30 Guided Meditation - Throat Chakra - Authentic Expression, Creativity and Communication
- 12h30 Guided Meditation - Third Eye Chakra - Intuition, Wisdom and Clear Thinking

BREAK UNTIL 2PM

- 14H30 Guided Meditation - Crown Chakra - Universal Connection and Expanding Consciousness
- 15h30 Guided Meditation for Aligning and Activating All Chakras
- 16h30 Guided Meditation to Experience your Intuition for Deep Relaxation
- 17H30 Guided Meditation - Listening to the Wisdom of your Body exercising in Self Awareness
- 18H30 Guided Meditation for creating a Mantle of Protection when exposed to external energies and negative thoughts
- 19H30 Guided Meditation for Meeting your Spirit Guides - Guided Journey Followed by a Powerful Grounding Meditation

SATURDAY

- 7H30 Guided Meditation - Opening to Abundance with the Golden Light
- 8H30 Guided Meditation - Invoking Abundance with the Hymn to Shri - Goddess Lakshmi
- 9H30 Guided Meditation - Activating Abundance with Bija Mantras by activating sound forms of the Goddess
- 10H30 Bija Mantras for Lakshmi: Om Shrim Hrim
- 11H30 Shri Suktam (Hymn to Shri) - Brahmans Chanting
- 12H30 Guided Meditation - The Angel Garden
- 13h30 Guided Meditation - The Rain Temple
- 14h30 Guided Meditation - Earthlight Cave
- 15h30 Guided Meditation - The Mountain Top
- 16h30 Guided Meditation - The Cave of Stillness
- 17h30 Guided Meditation - The River of Eternity

18h30 Guided Meditation - The Cradle of Life

19h30 Guided Meditation - Fields of Summer

SUNDAY

9H30 Guided Meditation - Garden of Possibilities

10h30 Guided Meditation - The Circle of Wisdom

11h30 Guided Meditation - The Garden of Tranquility

12h30 Guided Meditation - The Lake of Stars

13h30 Guided Meditation - The Snow Mountain

14H30 Guided Meditation - Stepping into your Power

15H30 Guided Meditation - Grieving and Celebrating a Loss

16H30 Guided Meditation - Healing Sexual Abuse

17H30 Guided Meditation - Abundance

18H30 Guided Meditation - Higher Purpose Invocation with Ganesha

19H00 Group Hypnosis - distress and relaxation * R150 pp (min 6 persons, max 10)
rsvp 12pm on Saturday

20H00 End group session

PLEASE NOTE: ALL PAYMENTS MADE ON ENTRY CASH OR CARD PAYMENTS