



Awakening Hearts Mentorship

Ancient Wisdom for Inner Freedom

with Soraya Saraswati

1st 3 day Intensive Retreat @ Mangalam Laying Foundations:

March 17th, 18th, 19th @ Mangalam Retreat

10.00am - 4.30pm each day

Includes delicious vegetarian lunches and afternoon teas.

- Introduction to our energy body - chakras & major nadis.
- Meditations on the Chakras including Yoga Nidra
- Developing Discrimination through the lens of the heart
- Understanding human emotional frequency
- Introduction to Patanjali's yoga sutras
- Introduction to Advaita - Nonduality
- The power of awareness - mindfulness
- Somatic Experiencing - Movement
- Deepening release with TRE & breath-work
- Healing Sound, Music and Mantra, Aromatherapy

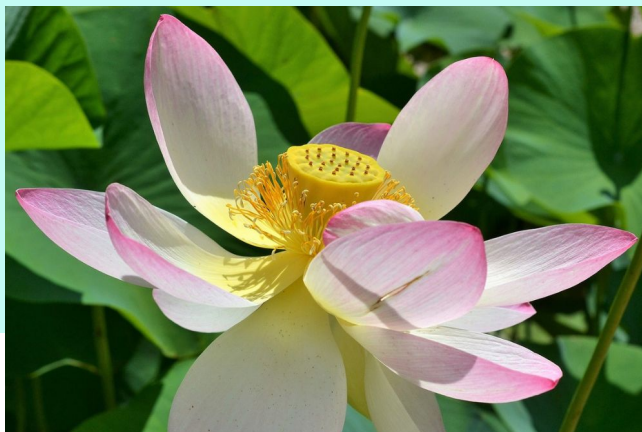
Ongoing Support - either online or in-person

Yoga & Mindful Movement, TRE, Meditation Class Online

Fortnightly Tuesdays 6.30pm-8.00pm - 13 classes

Going Deeper Psycho-emotional & Soul Lessons Online

Alternate Fortnightly Tuesdays 6pm-8.30pm - 12 classes





2nd 3 day Intensive Retreat @ Mangalam Awakening Greater Clarity

August 18th, 19th, 20th @ Mangalam Retreat

10.00am - 4.30pm each day

Includes delicious vegetarian lunches and afternoon teas.

- Exploring trust, loving kindness and vulnerability
- Interactive Energy Body Consciousness
- Developing Intuition - Inner-tuition - Dowsing
- Exploring Death & Dying in Non-duality
- Yoga stillness, movement & breath
- Mindfulness, Meditations, Yoga Nidra
- Earthing - Earth frequencies for healing
- Deepening release with TRE & Breath-work
- Healing Sound, Music and Mantra

3. Graduation Day Celebration New Moon Sunday

Sunday October 15th 11.00am - 3.30pm with Shared lunch and Celebration (Date flexible)

Private Sessions with Soraya

Online or in-person to be booked during the 6 months.

FaceBook Private Connection: during and after course

Private Portal Web Access: to meditation & inspirational recordings

