

Ramadan Meditation Workshops with Joelle



Calm Abiding Meditation **Thursday 16 May, 5.45pm-6.45pm**

Ramadan is a time of reflection on faith, a time for spiritual immersion and meditation, a time for improvement and devotion to God. In this workshop, you will focus and purify your senses from external and internal physical, emotional and mental toxins.

This workshop will help you release your emotional and mental disturbances to leave you more focused and peaceful in order to move deeper into your spirituality and prayers. Open to all levels and all faiths.

Investment: AED 105

Price includes a Turmeric Latte or Veggie Soup from Nectar.

All prices are inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

+971 2 4434448 www.bodytreestudio.com

Loving Kindness and Compassion Meditation **Thursday 23 May, 5.45pm-6.45pm**

This special Meditation practice during this holy and auspicious period of Ramadan will help you move deeper into your spiritual immersion and meditation. It will help you improve yourself, as well as create a sense of empathy and compassion, a key quality during this time of kindness and sharing with others.

You will learn how to release emotional blockages to find a sense of peace and be able to develop or strengthen your empathy and compassion towards yourself and others. Open to all levels and all faiths.

Investment: AED 105

