

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 110 including Veggie Soup or Turmeric Latte

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, improve yourself, and 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 110 including Veggie Soup or Turmeric Latte

All prices are inclusive of VAT.

Book your place by emailing

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