

UNDER THE LIGHT OF THE MOON

A LETTING GO & RELEASE PRACTICE



About This workshop

This 90 minute practice is inspired by the Full Moon and infused with rituals of self-care aimed at letting go and releasing tension in the body and mind.

The session includes

- Grounding movement practice
- Guided Meditation
- Self-reflection & Journaling time
- Practices to take with you and apply in your daily life

About Aisha

- Aisha is inspired by nature and it's cycles, she found herself dedicated to

yoga practices and rituals around the new and full moon. She's passionate about sharing these practices with others and empowering students through rituals centered in self-care, grounding, coming back to presence, and staying aligned with one hearts' desires.

Date: Monday, 21 Sep

Time: 6:30-8:00PM

Price BD20

To book: Call 17591565