



# HUGtreat - self sustain Workshop

Reconnect with Nature & Yourself.

Do you want to learn more about the cycle of nature and how to work with it?

Are you curious about the messages your body is sending you?

Join us for a 3-hour workshop designed to enhance your connection with nature and promote self-sustainability.

---

## Body Movement (30 min)

- Engage in shaking, intuitive dance, or restorative yoga.
- Melt away tension and allow energy to flow freely as you connect with your body. Followed by a long shavasana.

## Breathwork (60 min)

- Experience Conscious Connected Breathwork (CCB), also known as circular breathing. A guided session inviting you to follow your intuition. It calms the Nervous System and helps to make it more resilient and robust. It can boost energy levels and release pain. A seasonal playlist supports your journey. Co Host REiki master Sam.

## Nature Connection ( 60 min)

- Immerse yourself in sensory invitations to connect with nature.
- Participate barefoot, embrace your inner child with expressive art, and enjoy intuitive writing.

## Refreshments ( 30 min)

- We end the session with an " Around the pot heart-made communal lunch.

When: March 1 2025

Time: 9am - 12pm

Cost: 95 EUR

Only 7 places

Book :

DM me on IG or drop me a mail

[karintbrath@gmail.com](mailto:karintbrath@gmail.com)

NB: Wear comfortable loose clothing.

Reach out if you want more infos.

Arrive 5 min before start

---

Location:

16,rue Capouillet

Saint Gilles - Brussels

mobile: 0471720432

" YOUR TASK IS NOT TO SEEK FOR LOVE, BUT MERELY TO SEEK AND FIND ALL THE BARRIERS WITHIN YOURSELF THAT YOU HAVE BUILT AGAINST IT." - RUMI