

LYS

SELF SUSTAIN SESSION - 90 MIN SELFCARE

The name "Lys" translates to "light" in Danish, but it also embodies the sentiment of "Love Yourself" in English. In today's fast-paced world, we often lose sight of the profound connection between our bodies and our environment. Through connection to nature and deep relaxation of your body and breath you slow down and move from performing into being and is capable to restore and then listen to the messages from your heart and own silence.

Our sessions are 90 min. long. You will leave with information about what nature has to transmit for this month and how you can use it for your purpose in every day life. After our nature connection and a grounding exercise you will treat yourself to a restorative 20 min Shavasana guided with music.

We finish with 10 minutes intuitive writing before we close the session together and you leave grounded with a heart made snack, a warm drink and your day has had a wholesome start.

Treat yourself and a friend for this gift and connected experience together.

The sessions are with 6 participants. They are taking place in my home in a confidential contexte held in respect and kindness.

It is always morning sessions from 8:30 - 10AM.

Every second Monday from Feb 17 2025.

And every last Saturday of the month morning from 9 - 10:30 AM starting Feb 22 2025.

Address: 16, rue Capouillet 1060 Saint Gilles, Brussels

Price: 40 EUR

Please pay at the door or by clicking on the calendar...

Book on IG @karintroidbrath through a DM.

Or send me a texte on WhatsApp: +32471720432

Google form:

