

# Sunday Soul Sessions

Sundays; 10am-1pm (UK) / 11am-2pm (Spain)

Mar 17<sup>th</sup>, Jun 9<sup>th</sup>, Sep 29<sup>th</sup>, Dec 15<sup>th</sup>



With Angie Beadle

## **Mantras, Meditation and Musings.**

Prepare a cosy space, bring a warm cup of tea and some comfy clothes - then sit down, take a deep breath and prepare to nurture your soul.

Our sessions will begin with a yogis teaching which we will reflect and journal on. This process will encourage us to direct our thoughts toward the divine and to self-compassion.

Following this we will sit in meditation and focus on chakra meditations to help us connect to our most authentic self.

Then we will practise our mantras, repeating and reminding ourselves of our core values and belief systems.

The sessions will end with half an hour iyengar style asana practice to help us move and lift our energetic vibration and then a long, deep, guided relaxation. Expect to see and feel change, personal growth, calmness and focus.

Please Bring; Warm Clothes, A Journal and Pen, Mala Beads for Mantra Practise, A Large Cushion or Bolster to sit on, An Eye Mask for Relaxation, A Willingness to Learn and Grow.

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## *Price*

**£50 per session or £180 for 4 sessions**

To reserve your spot contact Tamara ([tamara@angiebeadle.com](mailto:tamara@angiebeadle.com)) or Angie directly.

