

ISHAYAS



'AWAKENING' - Workshop

'Integrating – Mind, Body & Spirit'

'Buddha' is a 'way of living', in an 'awakened' form.

'Awakening' is a day when you can allow yourself to step back and take a look at 'the larger picture' of life v/s focusing on one piece of the puzzle that we struggle to fit into a picture we still do not see!

When we understand & experience how everything is simply energy, including –Us, our Thoughts, our Feelings & everything we Experience...

We also then understand that while energy cannot be destroyed, it can be transmuted into a different quality – Me, Thought, Feeling and Experience!

Your outer world is a reflection of your inner world. 'Awakening' facilitates the Transformation of Self to creating a desired reality, through Mind Detoxification and Expansion of Consciousness with - regular meditation practices, breathwork, simple energisation exercises and a better understanding of the metaphysical world

Learn all of this at 'Awakening' - a full-day workshop brought to you by ISHAYAS, which focuses on the 'Integration of Mind-Body-Spirit' energy dynamics. This day is designed with a passionate belief and conviction that every human is endowed with - vast potential, abundant energy & the answers to all questions.

Through the workshop you will learn/experience:

- The Interplay between our conscious/subconscious mind & the metaphysical world.
- Identifying & managing the blocks of the conscious mind, which need to be conquered to live our highest possible potential
- Understanding the metaphysical world & its nuances
- The concept of energy, different frequencies & alchemy
- Earth meditation & Higher self meditation – to access the vast source of Universal Intelligence; Relationship healing meditation
- Breathing techniques for managing emotional charges and to balance the mind & body
- Physical body Relaxation & Appreciation trance
- Physical body rejuvenation exercises.

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The unique feature of this workshop is the SIMPLICITY & PRACTICALITY of instant energization and relaxation techniques.

Stepback and take a peak beyond mundane physical existence, understand the working of the mind, purpose of the soul and embrace your multi-dimensionalism!

[Please click this link for upcoming workshops dates](#)