



NEW BEGINNINGS

A Meditative Gathering of Empty Nest Mums Starting New Lives
Nourishing Movement - Yoga Nidra Relaxation - Sound Healing

The Intention

- Foster connection and community by bringing together Mums who share the experience of loss from children leaving the nest while wanting to fully embrace the possibilities and growth of a new life.
- Create a safe and supportive listening and sharing circle.
- Share meditative and breathing tools and tips to help you ground in the present moment to come back to balance.
- Induce a state of deep relaxation and healing with yoga nidra - an effortless meditation practiced lying down, helping to reduce the hold of stress, tension and trauma for you to come back to calm and balance.
- Plant meaningful intentions for the life and community you want to create.

The Flow

Session 1: Getting to know each other. Grounding movement and breath practices to come back to body and breath, gaining tools to be present in the moment. Yoga Nidra relaxation meditation for grounding.

Session 2: Identify and acknowledge difficult emotions and explore ways to allow and process them with relaxation and heart energy. A deeper dive into Yoga Nidra as a processing tool.

Session 3: Open to the magic that lands in your days enabling gratitude, hope and the motivation to move forwards with balance and purpose. We co-create a yoga nidra practice where we plant our intentions for the future.

Dates 2024

Sessions are held in Thalwil at Zurich Dynamic Yoga Academy, Gewerbestrasse 24, Thalwil. Sessions are 90 minutes long.

Session 1: Wednesday October 30th 4-5.30pm

Session 2: Wednesday November 6th 4-5.30pm

Session 3: Wednesday November 13th 4-5.30pm

The Facilitator

Myriam Bartu grew up in Singapore, studied in the UK and lived all her adult life in Hong Kong. She moved "back" to her passport country Switzerland in early 2022 with her husband and teenage son. Myriam is training in facilitating Hatha Yoga, Yoni Shakti Women's Yoga, Meditation, Yoga Nidra and Sound Healing. She has been facilitating women's groups since 2001 and has been teaching meditative practices since 2016. She is passionate about helping humans come back to peace, connection and balance to co-create the world we want to live in.

Cost

100.- for three sessions including yoga nidra recordings and resources to support your practice. Reductions available when needed - please reach out.

Registration

Want to know more? Welcome to contact Myriam on WhatsApp: +41 782465091 or email: myriambartu@gmail.com

www.reconnectionspace.com