

## **EXPERIENCES**

Spirituality . Self Growth . Healing



# THE AMAYA EXPERIENCE

A SHAMANIC JOURNEY
9TH SEPT 6-9 PM

# HEART CORE

SLOWING DOWN 10TH SEPT 12-2 PM









A SHAMANIC JOURNEY WITH MOVEMENT. LIVE VOCAL SOUND HEALING & CBD





# THE AMAYA EXPERIENCE

A SHAMANIC JOURNEY WITH MOVEMENT. LIVE VOCAL SOUND HEALING & CBD

The Amaya Experience is an opportunity to bring a deeper sense of joy into your life through the process of movement and sound. Combining 5 Rhythms dance, music, live vocals and sound healing, we invite you to discover your greater essence within this transformative journey. There is genuinely no experience of dance required. Simply a desire to discover what the process of movement can do for you.

The CBD will support us by opening up our sensory faculties and relaxing our muscles, so we may move with ease.



### 5 R H Y T H M S 'M O V E M E N T M E D I T A T I O N

5 Rhythms is a movement meditation and embodiment practice that has been created by Gabrielle Roth in the 1970's. A dynamic movement practice of being in your body, that ignites creativity, connection, and community, teaching us that our body can become our wisest teacher, showing us how to dance our innermost expression of who we truly are and making the unconscious conscious. The music for this dance movement therapy is curated around the 5 Rhythms, which are flow, staccato, caos, lyrical & stillness.

"The fastest way to still the mind is to move the body"

. ~ Gabrielle Roth



### SOUND HEALING

The sound healing and vocals in AMAYA have been inspired by the idea of integrating music and healing. Using instruments, singing bowls and channelled vocal tones to support, guide and deepen the energy of the 5 Rhythms journey, the sound healing is delivered in a way that makes musical sense and adds to the conscious enjoyment of the music.

The sound healing and vocals for HEART - CORE are guided from a place of intuition and depth. The use of Tibetan bowls and vocals brings to you a softness and stillness, helping you release and slow down, heal the nervous system and calm the mind.



GENTLE RESTORATIVE PRACTICES,

BREATH & SOUND TO

NOURISH YOU WITH CBD





## GENTLE RESTORATIVE PRACTICES, BREATH & SOUND TO NOURISH YOU WITH CBD

Heart - Core is the art of slowing down, a space to nourish your nervous system, to find stillness within and give your being a chance to recover from the stress we experience. Through Restorative & Somatic practices, Pranayama, CBD plant medicine and the alchemy of sound we bring you a deep release for your mind, body and spirit.

The CBD will help our nervous system regulate, slow the brain waves down to relax the brain and allow for a deeper state of rest to take over. When our nervous system relaxes our organs smile.

### YOUR FACILITATORS

#### NATASHA MAHINDRA

Yoga & Dance Therapist - Chakra healer Founder of Anam cara yoga retreats.

A certified yoga therapist from the Kripalu centre in Massachusetts, she has been working with physical & emotional issues through the ancient system of chakras, empowering people to heal themselves. She teaches dynamic dance meditations, ancient Indian practices and takes people on Yoga adventures.





#### NATALIE MATOS

Reiki Master – Transformative Healer Singer songwriter – Intuitive – Coach

Natalie has been supporting people to create better lives, for over 20 years now. A Reiki Master and natural intuitive, she uses her voice to heal and expand your consciousness.



Mindsight, Boat Club Road **Energy Exchange Rs 3300** 

SATURDA





**10TH SEPT 12PM - 2PM** unleashMVMT, Koregaon Park **Energy Exchange Rs 2200** 

For more details contact on 9373322524

## ANAM CARA YOGA & HUMANS UNPLUGGED

Humans Unplugged, founded by Nikhil Agarwal is an an avenue that helps people explore their inner selves and find greater meaning in life. It is dedicated to creating transformative experiences centered around spirituality, self-growth and healing.

### @nikhil\_m\_agarwal

Natasha Creates beautiful spaces and intimate gatherings, using sound, art and dance therapy in collaboration with yoga and other healing practices to offer a holistic experience out in nature. She has created retreats in the Andaman Islands, Himalayas, Nepal, Srilanka, Croatia, Egypt and many more exotic places in nature. She has launched the Anam Cara Collective to bring these experiences to cities, where she collaborates with therapists, musicians, artists, wellness experts and space holders.



@anamcara\_yoga\_retreats