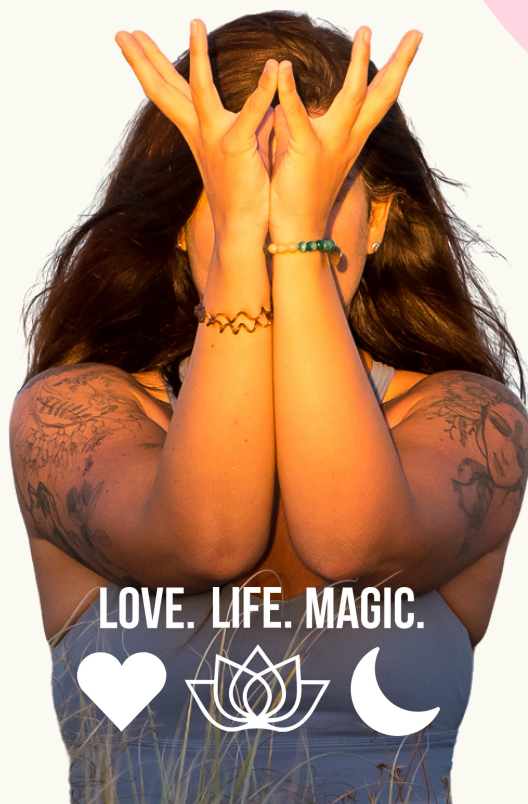


time.

Feb 6th - March 13th
mini 6 week YOU series.



LOVE. LIFE. MAGIC.



the gift of time

LOVE. LIFE. MAGIC.



The gift of time.

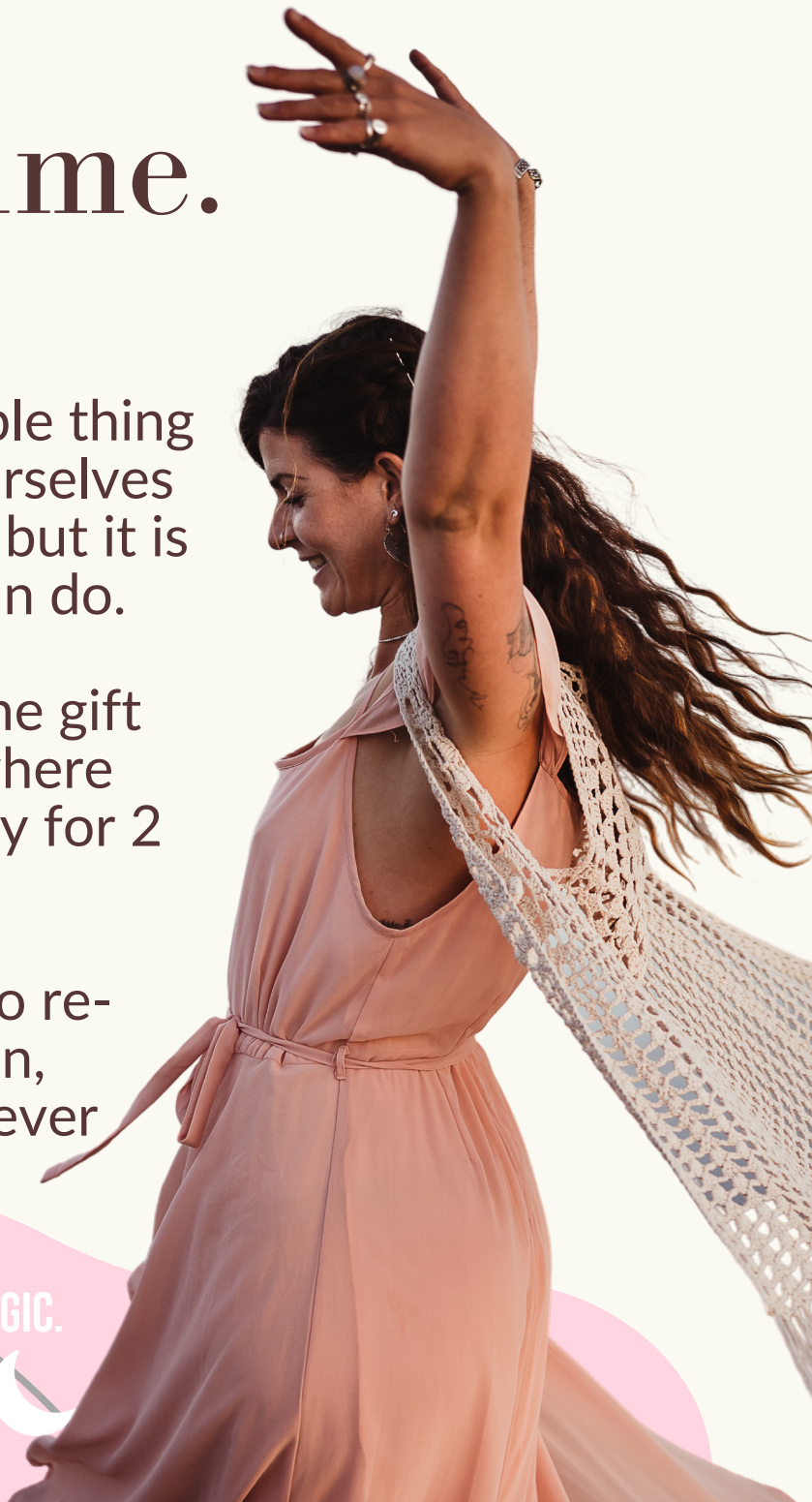
Feb 6th - March 13th

The most precious and invaluable thing we have is time, taking it for ourselves can sometimes feel impossible, but it is the most important thing we can do.

Treat someone or yourself to the gift of **time**. A 6 week mini series where we come together each Monday for 2 hours to **fill up your cup**.

This time is **just for you**. Time to re-set, decompress, process, lean in, re-calibrate, time to take what ever you need and just **BE**.

LOVE. LIFE. MAGIC.



I am
choosing
myself in
this moment

LOVE. LIFE. MAGIC.



What is it?

6 week mini YOU series.

Come together with a like minded, small intimate group to connect, share and reclaim your time.

Each week we will take time back for ourselves. Allowing you the space to feel whole, to come back home and get some well deserved TLC. With an added self care goody bag and tools to take home.

Moving through new mediums each week of yoga, breathwork, restorative aerial, yin, reiki, sound healing, cacao, embodied movement, meditation, massage and finishing with a "prosecco" and pamper week.

The most perfect treat, mind, body and soul.

LOVE. LIFE. MAGIC.



space
to just
be

LOVE. LIFE. MAGIC.



Why do it?

Feb 6th - March 13th

We've all heard the term "apply your own gas mask before applying others.", this philosophy can be applied in everything that we do.

In the modern world we live in, life can spread us thin, giving time to ourselves can be so hard. However what then happens is we give all our energy to others from a depleted place, that energy then ripples. Let's change that.

When we take time to fill ourselves up, we can give, unconditionally, from a place of wholeness, from a place of unwavering love and most importantly it feels SOOOOO AMAZING to land back inside ourselves, to come back, to land in love.

LOVE. LIFE. MAGIC.



the best gift
we can give
ourselves,
is time

LOVE. LIFE. MAGIC.



A sacred yes?

6 week mini YOU series.

Date: Monday 6th Feb - 13th March

Time: 07:00pm - 9:00pm

Location: Papamoa

What you need: Just you.

What's included: 2 hours each week of YOU time, goody bag, facilitated ceremonies, tea, online material, connection and sacred sharing space.

Pricing & how to book: DM me, see the link in my bio or email me sasha@lovelifemagic.co.uk.

We spend so much time giving to others its time to give back to ourselves.

LOVE. LIFE. MAGIC.



fill
your
cup

LOVE. LIFE. MAGIC.



If you have any
requests, questions
or queries please
DM me.

I look forward to
holding space for
you.

LOVE. LIFE. MAGIC.



time.

mini 6 week YOU series.



LOVE. LIFE. MAGIC.

