

{21 days}
Meditation &
Healing Workshop



Journey to
Self-Discovery and
Strengthening Inner Power

07 - 27 Oct, 2024



Facilitated by:

Sayali Lonkar

Life Coach, Certified Reiki,
Chakra & Energy Healer



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Overview of the workshop



The **21-Day Self-Discovery and Strengthening Inner Power Workshop** is a holistic healing program designed to elevate your physical, mental, and emotional well-being. Through 21 thoughtfully themed guided meditations, you'll cultivate mindfulness, relaxation, and balance as you explore the depths of self-discovery, release limiting patterns, and embrace personal growth.

This program not only nurtures a resilient mindset that uplifts your spirit, fosters gratitude and self-compassion, and invites abundance, but it also inspires you to reflect more deeply on your life's journey.

What's included in the workshop?:



21 Days of Live Sessions

Engage in daily live workshops that guide you through your journey of self-discovery and inner strength.



21 Guided Meditations

Experience transformative meditations that deepen your connection to self and foster growth.



Stretches and Asanas

Unlock and release blockages in the body and energy centers with gentle stretches and simple asanas.



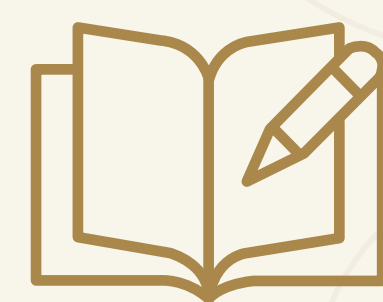
Breathing Techniques

Calm your mind, ease tension, boost brain function, and sharpen mental clarity with focused breathing exercises.



OM Chanting

Cleanse your aura and achieve profound relaxation with the powerful practice of OM chanting.



Daily Journaling Prompts

Deepen your awareness and reflection with carefully crafted prompts to guide your inner exploration.

Workshop details & structure



Details

Duration:	21 days / 21 sessions
Session Length:	1 hour daily
Energy Exchange:	INR 999
Location:	Online (accessible from anywhere)
Time:	8 pm to 9 pm preferable (May change based on the convenience of the group)
Date:	7th - 27th Oct

21 days structure

	Week 01	Week 02	Week 03
	Foundation for self-discovery Gentle introductions to meditation, building awareness and comfort	Deepening your awareness Moving into deeper self-reflection and inner exploration	Empowering inner strength with chakra activation Intensifying the practice to strengthen inner power and resilience
Mon	Introduction to the journey	Sensory awareness	Root chakra activation
Tue	Grounding and awareness	Visualizing your safe space	Sacral chakra activation
Wed	Centering and stability	Release through breath	Solar plexus chakra activation
Thu	Emotional awareness	Inner child healing	Heart chakra activation
Fri	Inner strength	Count your blessings	Throat chakra activation
Sat	Compassion and self-love	Visualizing the future self	3rd eye chakra activation
Sun	Relaxation with yog nidra	Chakra awareness	Crown chakra activation

Each meditation session will be complemented by body-opening asanas, varied breathing techniques, and OM chanting to enhance the overall experience.

Who should participate in the workshop



Who should participate in this workshop?

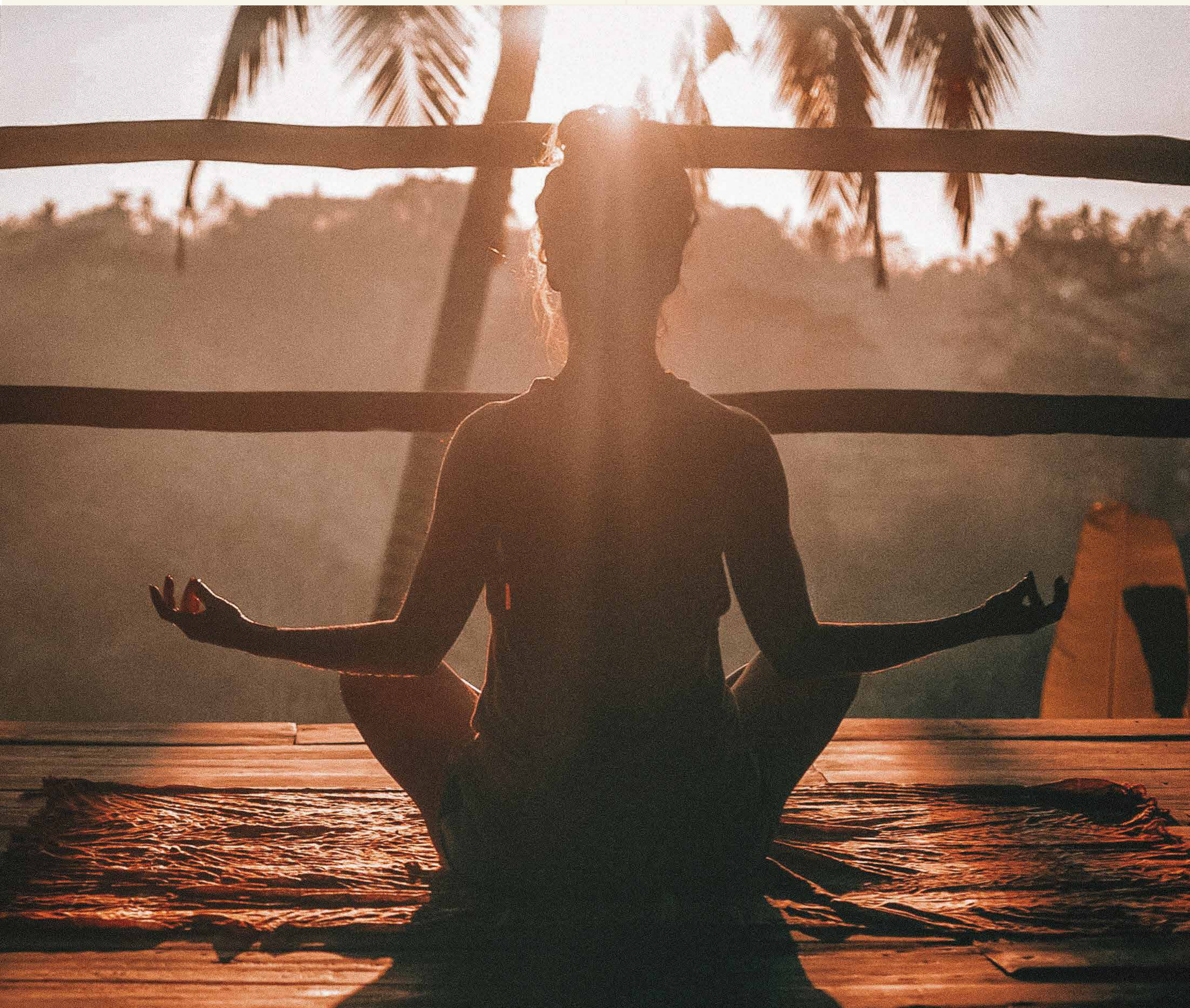
Individuals seeking self-discovery: Perfect for anyone eager to explore their inner self and embark on a journey of personal growth.

Those looking to strengthen inner power: Ideal for those wanting to build resilience, confidence, and a deeper connection with their inner strength.

People interested in holistic healing: If you're interested in integrating mind, body, and spirit through meditation, breathing techniques, and physical practices, this course is for you.

Beginners to experienced practitioners: Whether you're new to meditation and mindfulness or have been practicing for years, this course offers something for everyone.

Anyone facing life's challenges: If you're navigating stress, anxiety, depression, transitions, or emotional difficulties, this course provides tools to support your well-being and enhance your emotional resilience.



Benefits of the workshop



How this workshop can benefit you?



Deep self-awareness: Gain clarity on your thoughts and emotions, leading to more mindful and intentional decision-making in your daily life.



Emotional resilience: Strengthen your ability to handle life's challenges with ease, maintaining emotional balance even in stressful situations.



Inner strength & clarity: Build confidence and inner power, enhancing your focus and determination to achieve personal and professional goals.



Holistic well-being: Foster a balanced connection between mind, body, and spirit, promoting overall health, vitality, and emotional growth.



Lasting growth: Implement positive lifestyle changes and cultivate self-compassion, leaving the workshop with tools for ongoing self-discovery and transformation.

Frequently Asked Questions



Frequently Asked Questions (FAQs)

Can this program be completed more quickly?

The program is structured over 21 days to ensure a comprehensive and immersive experience. This timeline allows for gradual integration of practices and optimal results.

Do we offer recordings of each session?

Yes, recordings are available for 24 hours after each session. This allows participants to revisit key points, take notes, or re-experience the healing meditation.

What if I miss a class?

If you miss a live session, you can access the recording to catch up on the material. Remember, this recording is only accessible for 24 hours. This flexibility helps you stay on track with the program.

How is this meditation different from others?

Our program combines a unique blend of meditation techniques with holistic practices such as stretching, breathing exercises, and OM chanting. This comprehensive approach is tailored to enhance the balance within.

Will this program help with stress, anxiety, or emotional challenges?

Yes, the program includes practices designed to support emotional resilience, reduce stress, and address anxiety. It offers tools and techniques to enhance overall well-being and manage life's challenges effectively.


What are the main goals of this workshop?

The primary goals are to deepen your self-awareness, build emotional resilience, enhance inner strength, and promote holistic well-being. The program is designed to support lasting personal transformation.

How can I get the most out of this workshop?

To maximize your experience, engage fully in daily practices, attend live sessions, and utilize the provided resources consistently. Active participation and commitment are key to achieving the best results.

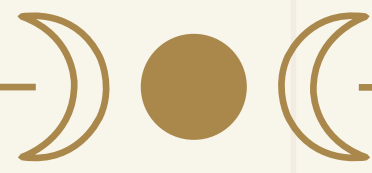
Reach out to us for any other queries only through WhatsApp:

 WhatsApp: +91 90110 18262



Sayali Lonkar

Life Coach, Certified Reiki,
Chakra & Energy Healer



Dear souls,

Let me share a bit about myself. After 20 years as a customer experience strategy consultant, navigating stressful situations, difficult conversations, and work-life balance, I noticed how these pressures shaped me - leading to people-pleasing, shattered confidence, and exhaustion.

However, my passion for psychology, counseling, and offering a non-judgemental listening ear never wavered. These strengths naturally led me to become a professional & compassionate healer.

As a certified life coach, and energy healer, my mission is to guide you on your soul journey. Drawing from my experiences and skills, I'll help you unlock your potential, balance your energies, and align your life with your true purpose. Let's embark on this transformative journey together.

About cosmictwins

Cosmictwins was born from a deep desire to connect with others on their spiritual journeys. Founded by Sayali Lonkar, a healer and life coach, Cosmictwins represents the delicate balance between the physical and spiritual realms, and the harmony that comes from tuning into the universe's frequency.

Our brand's philosophy revolves around the concept of "cosmic twinning" –the process of aligning with your higher self and the divine to find peace, purpose, and fulfillment.

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 Instagram: [cosmictwins.tribe](https://www.instagram.com/cosmictwins.tribe)



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