

memmo

INFINITY



SESSIONS

MEDITAÇÃO | YOGA | DESENVOLVIMENTO PESSOAL | TERAPIA DE SOM | NUTRIÇÃO

MENTORIA: BÁRBARA TABORDA

memmo. PRÍNCIPE REAL

Morning Ritual: The Art of Relationship

18TH MAY 2024 | 10AM - 1PM

In the 3rd session of the Memmo Infinity Sessions, The Art of Relationship, we will explore the fundamental importance of cultivating healthy relationships in all areas of our lives - with ourselves, with others, with friends, family and romantic partners.

Healthy relationships are not a luxury; they are a basic necessity for our emotional, mental and even physical well-being. They offer support, understanding, acceptance and a sense of belonging. In times of joy, our relationships multiply happiness; in challenging times, they sustain us and help us overcome adversity.

In this morning ritual, we will explore how we can cultivate healthy relationships in all areas of our lives - personal, professional, family and romantic. We'll learn how to nurture these connections, resolve conflicts in a constructive way and create safe spaces for genuine expression and mutual growth.

PROGRAM

Meditation: Start the day with a guided meditation to free your mind of worries and tensions, allowing you to create self-love, empathy and compassion.

Yoga: An invigorating yoga session to create trusting and positive connections.

Sound Therapy: It helps to align and balance the body's energy systems, promoting physical, mental and emotional healing, while stimulating a connection with the inner self and the surrounding universe.

Nutrition for the Soul: Delicious energizing smoothies, symbols of vitality and nourishment, while promoting a spirit of community and sharing.

Personal Development: Dynamics to explore conscious communication and love languages, to live healthier and happier relationships.

Let's dive into the art of relating and discover how we can turn our daily interactions into sources of inspiration, support and joy.

We look forward to see you there!