

memmo.

INFINITY SESSIONS

RETIRO VERÃO - VITALIDADE

MENTORIA: BÁRBARA TABORDA

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1 DAY RETREAT: VITALITY 29TH JUNE 2024 | 10AM - 6PM

In the 4th session of Memmo Infinity Sessions, we welcome Summer with a one-day retreat inspired by the revitalising energy of this season. A journey of self-discovery, detox and rejuvenation, exploring holistic practices to detoxify and revitalise body, mind and spirit.

PROGRAM

Meditation: A moment of deep connection with the self. It gives you the peace of mind to make choices calmly and consciously.

Detox Yoga: Stretch and strengthen the body during a revitalising yoga session specially designed to detoxify and realign.

Sound Therapy: Healing sound vibrations that, in addition to deep relaxation, enable energy balance and inner healing.

Multidimensional Therapy: Explore the deeper dimensions with multidimensional therapy. A holistic approach that combines energy healing techniques, chakra alignment and access to higher planes of consciousness to promote healing and transformation at all levels of your being.

Personal Development: Powerful techniques designed to release emotional blockages, cultivate self-awareness and strengthen your resilience. Through practical exercises and guided reflections, you will leave behind what no longer serves you, making room for new possibilities and personal growth.

Healthy Detox Diet: Food carefully prepared to nourish the body from the inside out. There will be soup, detox smoothies and energy balls, light and healthy, made with fresh and natural ingredients, designed to support the process of detoxification and revitalisation of the body.

Routines & Nutrition Workshop: Explore the best nutrients to optimise the body and routines to integrate for more energy, well-being and happiness.

Self-care is not a luxury; it is a vital necessity.

We look forward to see you there!