

# FREE Workshops at GIVE!

The Healing area - Allow 1 hour (unless stated)

## Friday

9.30 – Namu Myōhō Renge Kyō – Buddhist Chanting (45min) - Justin

10.30 – Here and now breathing practice – Dan Joy

12 – Chakra meditation - Heather

2 – Exploring your voice - Dominique Levack

4.00 – Ho'oponopono – Hawaiian practice of forgiveness - Shoana

6.00 – 730 - 7<sup>TH</sup> WAVE DANCE CLASS (90min) - James

## Saturday

10 – Crystal Meditation - Heather

11.30– Sound therapy (sound bath) with Tongue drum – Dominique Levack

12.30 - Father Nature family WALKSHOP in the woods – Meet @Healing area

1.30– Huna Hawaiian Dance & breathwork meditation – Shoana Taylor

3– Thai Yoga Massage - Milan Mahah Jovanovic

730 - Namu Myōhō Renge Kyō – Buddhist Chanting (45min) - Justin

## Sunday

12 –Hawaiian meditation & breathwork - Shoana Taylor

1.30 – Sound therapy (sound bath) with Tongue drum – Dominique Levack

3 – Sing awake our medicine song - Luna Harp activation ceremony (90 min)  
Joie de Winter

5.00 –Thai Yoga Massage - Milan Mahah Jovanovi

# FREE Workshops @ Give 2023



## Dominique Levack

Dominique is a composer, producer, music specialist & retreat leader. A musical time traveller she especially enjoys working with voices and mixing up genres from other centuries and cultures. Dominique studied Music Therapy at Nordoff Robbins, London in 2014, She believes music is medicine and uses solfeggio tones in her work.

## Sound bath with Tongue Drum

**11.30 SAT & 1.30pm SUNDAY**

The tongue drum, with its soft and soothing timbre, can lower the levels of the stress hormone cortisol and release endorphins, which have calming and mood-enhancing properties. Tongue drums can also be used for clearing chakras. I have used this beautiful instrument in my music therapy sessions with astonishing effects for several years. I invite you to listen and be soothed by a mix of its natural sound and live playing over composed tracks I have produced using birdsong and solfeggio tones.

## Exploring your voice – 2pm Friday

The purpose of this workshop is to connect you to your voice, so that you own it and can revel in the joy and uniqueness of it. No one looks like you. No one sounds like you. So to hide your voice is to hide yourself. Much is written about the (5th) Chakra, Vishuddha, located at the base of the throat and it is also considered the seat of emotion.

When the fifth chakra is open and balanced, you are able to express yourself clearly and honestly in any situation with confidence. A throat chakra blockage can also manifest as the inability to express and realize your truth in the world. Vocalising is a great way to release blockages, express emotion, let go and encourage a sense of wellbeing. We will be exploring the voice through sounds, harmony and learning phrases. I have composed an uplifting world music track using the 528hz solfeggio tone especially for this workshop which we will sing with at the end.

[www.dominiquelevack.com](http://www.dominiquelevack.com)

<https://dominiquelevack.bandcamp.com/album/improvisations>

# Shoana Taylor



Over twenty years ago in South Africa following a car accident, began Shoana's spiritual awakening and journey into personal growth. Learning the ways of Huna, some traditional Hawaiian life principles, breathwork and traditional meditative dance, she discovered how to flow with her life rather than battle against it.

Since then, she trained formally as Life coach and NLP practitioner, a Breathworker and works intuitively with energy, trauma clearing and Light Language.

website: <https://7pathswellbeing.com>

## **Ho'oponono - Hawaiian practice of forgiveness 4pm Friday**

This traditional process was used in Hawaii as a way to 'make things right' within the family. As an energetic process, the act of forgiveness is a powerful way to release resentment guilt and other lower energies that keep us stuck. To complete the process correctly and completely there is a form to the process. In this workshop you will be given the opportunity to release, forgive or ask forgiveness and to experience a profound clearing, through a held sacred space and facilitated process working in pairs.

## **Huna dance and breathwork meditation 1.30 Saturday**

This powerful flowing meditative dance traditionally danced as part of the practice and training of Lomi Lomi practitioners to heighten the energy field and connect with the Universal field of consciousness.

This is an enlivening and energising experience with some fun moments that will leave you naturally bubbling with joy and will open your heart.

We complete and balance with the stillness of a meditation to integrate.

## **Hawaiian breathwork and meditation 12 noon Sunday**

A Great way to begin your day, clear out the cobwebs open the heart and lungs and connect in with yourself. We integrate the 7 Huna principles of life and explore their meaning and magic

# Heather

**Chakra meditation – 12 noon Friday** - Focusing on healing and restoring the seven main chakras. A healing guided meditation that looks at each individual chakra followed by a beautiful colour visualisation.

**Crystal meditation - 10am Saturday** - Using the magical energy of crystals to focus on connection and healing followed by a guided visualisation journey.



I'm an experienced and fully qualified Holistic Practitioner and Coach, Crystal Master Healer/Teacher and Meditation Teacher. I specialise in Raynor Deep Tissue & Indian Head Massage as well as other healing therapies such as Sound, Crystals and Reiki. I believe that the balance of the Mind, Body and Soul are interdependent. Our thoughts and emotions can impact on our physical health and vice versa. By proactively nurturing all of these parts, we are better able to maintain alignment and achieve greater total wellbeing.

<https://stalbansholistictherapies.co.uk> <https://instagram.com/stalbansholistictherapies>  
<https://www.facebook.com/stalbansholistictherapies>



## **Dan Joy - The Here And Now Breathing Practice**

**10.30 Friday - How A Spiritual Cliché Can Become Your Embodied Reality**

**Dan is an author, life coach, mediator, cuddle therapist and lomi lomi massage teacher.**

Dan's liberating journey towards self-expression and compassion guided him through shadows and lights, expanding the embodiment of this human existence to be one where your eyes see heaven but your feet are rooted in earth.

His mission is to facilitate the awakening of humankind, with the gift of being able to help people to feel home in their bodies. How to slow down and get out of your head and rest as body awareness. The workshop is about learning together a stupidly simple yet revolutionary breathing practice that gets us into the here and now, out of our heads, into our bodies. Actually, it is not 'breathwork', rather 'breathfun'.. as without manipulating in any way our breathing, we just learn how resting with the focus of our attention on body sensations connected to the breathing can help us to become a more present, embodied version of ourselves



# THAI YOGA MASSAGE

**Milan Mahah Jovanovic**

**3pm – Saturday**

**5pm - Sunday**

**This Workshop is a complete 1 hr of Thai Massage for practice between partners and friends. There will be a demonstration and you follow.**

**Please bring your yoga mat or blanket and arrive dressed for yoga or gym. Come with a partner or come alone and get partnered with someone there!**

**How does a session look?** Thai Yoga Massage is done on a firm futon or mat on the floor with the client dressed in light fitting clothes. The practitioner uses thumbs, palms, elbows, knees and feet to apply a combination of acupressure, gentle rocking and twisting, joint and spine mobilizations and assisted yoga stretches with the therapist using bodyweight instead of strength and a steady and meditative rhythm. Thai Yoga Massage is ideal for anyone regardless of their age, state of health or level of flexibility.

## **Benefits**

Thai Yoga Massage is a natural way of therapy avoiding remedies and resolves the problem without side effects! It increases circulation, reduces fatigue and strains, repairs damaged tissue and release stiffness and soreness and detoxify the body.

It strengthens immune system, prevents disease and injury by promoting flexibility and supple joints and ligaments.

The benefits of Thai Yoga Massage are countless. By freeing the flow of vital energy in the body, Thai Yoga Massage can improve posture, breathing, flexibility, digestion and circulation. Muscles are stretched, inner organs toned and emotional and nervous tension is reduced. Often a deep sense of peace can be experienced during and after a treatment.

## **Finishing Prayer**

**“May you be happy, may you be well, may you be peaceful,  
may you be healed”**



## **7<sup>TH</sup> WAVE DANCE CLASS**

**FRI 6-7.30 (90min)**

Join musician and DJ James for a dance exploration of the here and now – get present of what needs to move in your body and shake it free! This is a held space of safety and gentle instruction. Come and get grounded!  
(Loosely inspired by Gabrielle Roth's 5 Rhythms)

## **Father Nature**

**Family Walkshop in the woods**

**Saturday 12.30pm Meet @ Healing area reception**

**Make fairy doors, tree dragons, find and name insects and plants and more!**

*A perfect afternoon walk for ALL ages to enjoy*

Join James ([Fathernature.org.uk](http://Fathernature.org.uk)) and Kay (SEN lead Cheshire East) in an exploration of nature in the woods at Give. Musician and DJ James runs back-to-nature landscaping charity Father Nature from Brixton, London.

*'Reconnection with ourselves, nature and each other is our mission should we wish to stick around on this wonderful world' says James*





# Namu Myōhō Renge Kyō

## Bhuddhist chanting

Fri – 9.30am - 45min

Sat – 7.30pm - 45min

**Justin Wall**

Namu Myōhō Renge Kyō are Japanese words chanted within all forms of Nichiren Buddhism. In English, they mean "Devotion to the Mystic Law of the Lotus Sutra" or "Glory to the Dharma of the Lotus Sutra". This is a space to Chant together and learn if you are a beginner!

Justin has been chanting for 27yrs, he was previously an HQ Leader in London, mentoring young men. He uses his chanting practice to tackle life problems and contribute to a peaceful world.

## SING AWAKE OUR MEDICINE SONG

### LUNA HARP CEREMONY



## Joie de Winter

### SUNDAY 3-4.30pm (90min)

**Ceremonial singer and harp maker Joie de winter is offering you a Luna Harp Activating Singing ceremony called 'sing awake our medicine songs'.**

The intention is to explore our healing voices within, supporting you to express your true authentic spirit and creativity through shamanic voice ritual, somatic exercises, energetic clearing, singing and writing our way through blocks into a loving flow of authentic joyous expression. When we sing we leave behind our name, time and step into joyous freedom.

Joie de Winter / [joiedewinter@hotmail.com](mailto:joiedewinter@hotmail.com) [www.linktr.ee/joiedewintermusic](http://www.linktr.ee/joiedewintermusic)  
[www.linktr.ee/lunaharpsisters](http://www.linktr.ee/lunaharpsisters)