

JANUARY 2023

– se alla events på [facebook.com/MahalayaCenter](https://www.facebook.com/MahalayaCenter)

Sunday 15/1 kl 18 Soundhealing&klangmeditation med Sanaz.

Kom och låt vibrationerna av klangskålar och kristallskålar ta hand om din kropp. Låt spända muskler och stagnationer i din energikropp flöda fritt med hjälp av de helande klangerna
Du kan boka genom facebook sida
<https://www.facebook.com/groups/386296933034096/permalink/550823889914732/> eller
smsa Sanaz 0735677029

Tuesday 17/1, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh
A tantric evening where we focus on your own presence in your own body. We will try tantric exercises alone and together to connect with the body. During the evening, a light meal will be offered. Investment 395 kr. To register, send a text and a swish to Ea 0730604067.

Friday 20/1 18.00-20.00 Healing Singing Circle with Maria Hagberg and Malin Larsson

Come and feel the healing power in your voice! We invite you to a space where you can let go of pressure and land deeper within your heart. We will cocreate with our voices both through free intonation and mantra singing. Every voice in the circle is important. Follow Singing Being on Facebook to see our coming events and read more.
Book your space at maria@singingbeing.se

Sunday 23/1. 14.00-18.00 Womens space-innner season in a female body.

The winter season is connected to our bleeding phase of our mooncycle, a phase of the month that unfortunately very rare is celebrated.

With yoga, free movement and breathwork we dive deeper in ourselves. Some parts may be deep hidden inside us and and with love we will gentle bring them in to light and rest in them.

A workshop serie to celebrate all parts of you!

Book your space to: emmajohanssonyoga@gmail.com

Tuesday 24/1, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh
A tantric evening where we focus on your own presence in your own body. We will try tantric exercises alone and together to connect with the body. During the evening, a light meal will be offered. Investment 395 kr. To register, send a text and a swish to Ea 0730604067.

Tuesday 31/1, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh
A tantric evening where we focus on your own presence in your own body. We will try tantric exercises alone and together to connect with the body. During the evening, a light meal will be offered. Investment 395 kr. To register, send a text and a swish to Ea 0730604067.

FEBRUARY 2023

– se alla events på [facebook.com/MahalayaCenter](https://www.facebook.com/MahalayaCenter)

Friday 3/2 18.00-20.00 Healing Singing Circle with Maria Hagberg and Malin Larsson

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Sunday 5/2 kl 18 Soundhealing&klangmeditation med Sanaz.

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Tuesday 7/2, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh

A tantric evening where we focus on your own presence in your own body. We will try tantric exercises alone and together to connect with the body. During the evening, a light meal will be offered. Investment 395 kr. To register, send a text and a swish to Ea 0730604067.

Thursday 9/2-Tuesday 14/2 10:00-20:00 Private Life Coaching - with or without Shamanic Drumming sessions

Prices: First ½ hour free!!! See seperate flyer for prices.

See more in www.facebook.com/FreeYourselfLifeCoaching/events,

Anmälan till love@freeyourself.dk tel. +45 2277 4930 or through the link in the facebook event.

Friday 10/2, 18.30-21.30 Meditation & Mingle w. Mouschka

Channeled Shamanic Meditation & sharing circle followed by cosy hang-out with snacks, tea & alcohol free something.

See more in www.facebook.com/FreeYourselfLifeCoaching/events,

Anmälan till love@freeyourself.dk tel. +45 2277 4930 or through the link in the facebook event.

Saturday 11/2, 13-16.30 Embrace your Inner Manifestation Powers:

Drum Journey try-on - Meet your Power Animal, with Mouschka

Full price 525,- sek.

Early Bird while signing up to the Vip list until 4/2 393,- tea & coffee included.

See more in www.facebook.com/FreeYourselfLifeCoaching/events, Anmälan till

love@freeyourself.dk tel. +45 2277 4930 or through the link in the facebook event.

OBS! You can take this workshop as the first part of the 5-month circle on monday.

Monday 12/2 17.15-20.45 -

Step 2 of Walk Your Truth, shamanic winter circle over 6 months.

You can still join!!! (get the 1st step recorded or take it saturday) w. Mouschka.

Following dates are: 13/3, 10/4, 29/5, 3/7

Price of the whole course, incl. 2 x 1½h life coaching & “the question of the week” every week in a private chat group for all participants (small group). Normal price 5325,-

If joining our Special VIP Phone-List - 25% OFF: 3993,- (or 665,-/month for 6 months)

OBS! See the event for special prices for vulnerable economies!

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Saturday 25/2 10.00 – 16.30: Rising in Love Family Constellation Workshop med Candra.

Experience the transformative constellation work and bring awareness to hidden dynamics in your family system that affect your life today. Take steps towards respectful love, reconciliation and healing. More info: www.candrakarholm.com and book by email: candra@candrakarholm.com.

Sunday 26/2 kl 18 Soundhealing & klangmeditation med Sanaz.

Kom och låt vibrationerna av klangskålar och kristallskålar ta hand om din kropp. Låt spända muskler och stagnationer i din energikropp flöda fritt med hjälp av de helande klangerna
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Tuesday 28/2, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh
A tantric evening where we focus on your own presence in your own body. We will try tantric exercises alone and together to connect with the body. During the evening, a light meal will be offered. Investment 395 kr. To register, send a text and a swish to Ea 0730604067.

MARCH 2023

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Friday 3/3 18.00-20.00 Healing Singing Circle with Maria Hagberg and Malin Larsson

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Sunday 5/3 kl 18 Soundhealing & klangmeditation med Sanaz.

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9.-12/3. Build your Own FreeYourself Shaman Drum with Crystals & Magic Symbols

4 days incl. drum journey, sharing circles, private coaching when needed, meditations & materials for at drum 25-45 cm. of highest quality with 2 stones.

Special VIP Phone-List 4550,- sek. (can be payed off)

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Saturday 18/3 10.00 – 16.30: Rising in Love Family Constellation Workshop med Candra.

Experience the transformative constellation work and bring awareness to hidden dynamics in your family system that affect your life today. Take steps towards respectful love, reconciliation and healing. More info: www.candrakarholm.com and book by email: candra@candrakarholm.com.

Tuesday 21/3, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh

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