

HAPPENING IN MAHALAYA

SEPTEMBER 2022

– se alla events på facebook.com/MahalayaCenter

Week 38

- **Thursday 22/9- 17.30-18.45 Vinyasa-yin- The body as the Metaverse**
Yoga med Emma Johansson anmälan till emmajohanssoneyoga@gmail.com
- **Sunday 25/9- 16-17,30 Womens space, inner seasons with Emma Johansson**
More to read on Fb, 250 kr, book your space at emmajohanssoneyoga@gmail.com
- **Sunday 17.40-20.30 Essence of Autumn- A celebration for the Autumn equinox with Francisca Van Yurick and Emma Johansson**
Astro-yoga-dance-rest- a little bit of everything. 350 kr inkl ceremonial cacao, more to read on facebook.

Week 39

- **Tuesday 27/9, 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 an email to: eabergstrand@gmail.com
- **Wednesday 28/9, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **Thursday 29/9- 17.30-18.45 Vinyasa-yin- The body as the Metaverse**
Yoga med Emma Johansson anmälan till emmajohanssoneyoga@gmail.com

OKTOBER 2022

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Week 40

- **Tuesday 4/10, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
A tantric evening where we focus on what contact can mean for you. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com

- **Wednesday 5/10 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Free class. To register, send an e-mail to: navermyr@live.se
- **Thursday 6/10 10-17.00 Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health**
- **6/10 17.30-18.45 Vinyasa-yin- The body as the Metaverse-**
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com
- **9/10 10-14 Womens space inner seasons in a female body**, a women´s cirkle where we follow and diving in to our mooncycle in synchronicity with the cycle of the year.
more info at fb or by mail, emmajohanssonyoga@gmail.com

Week 41

- **Tuesday 11/10, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
A tantric evening where we focus on what love can mean for you. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 12/10, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **13/10 10-16.00 Individuella sessioner men Emma-breathwork-bodywork, sacred feminine health**
- **17.30-18.45 Vinyasa-yin- The body as the Metaverse-**
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com
- **15/10 10.00 - 16.30 Rising in Love Family Constellation with Candra**
Välkommen att uppleva familjekonstellationsarbete och meditation med Candra. 695 kr. Begränsat antal platser – förboka per mejl: candra@candrakarholm.com.
- **16/10 11.00 - 17.00 Individuella sessioner med Candra**
Vill du ha klarhet i vad ditt nästa steg är för din personliga utveckling? Behöver du stöd i att släppa, läka eller försonas med något? Välkommen att boka på-plats-session, individuell coachning med Candra. 50 min 750 kr. Boka per mejl: candra@candrakarholm.com

Week 42

- **Tuesday 18/10, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
A tantric evening where we focus on what peace can mean for you. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 19/10 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an e-mail to: navermyr@live.se

Week 43

- **Tuesday 25/10, 18.00-21.00 Yoni sauna, with Ea Bergstrand and Cornelia Strandh**
We let our yonis meet in the heat of the sauna to talk about what's important. Come as you are, be who you are. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 26/10, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **Thursday 27/10 10.00-17.00-** Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health
- **17.30-18.45 Vinyasa-yin- The body as the Metaverse-**
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com

NOVEMBER 2022

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Week 44

- **Tuesday 1/11, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 2/11 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an e-mail to: navermyr@live.se
- **Thursday 3/11 10.00-17.00-** Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health
17.30-18.45 Vinyasa-yin- The body as the Metaverse-
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com
19-20.30 Breathwork med Emma, anmälan till mail ovan
- **Sunday 6/11 10-14 Womens space inner seasons in a female body,** a women's circle where we follow and diving in to our mooncycle in synchronicity with the cycle of the year.
more info at fb or by mail, emmajohanssonyoga@gmail.com

Week 45

- **Tuesday 1/11, 18.00-21.00 Tantric evening/FULL MOON-ceremony,**
Ea Bergstrand and Cornelia Strandh
We will focus on the full moon and make a tantric ceremony. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com

- **Wednesday 9/11, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **Thursday 10/11 10.00-17.00-** Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health
17.30-18.45 Vinyasa-yin- The body as the Metaverse-
Yoga med Emma Johansson anmälan till emmajohanssoneyoga@gmail.com
19-20.30 Breathwork med Emma- anmälan till emmajohanssoneyoga@gmail.com
- **A Whole Weekend for Relatefulness!**
Join us in realizing an evermore loving, honest world! Practice being present in relationship, learning skills for connection, to self and to others. An introduction & immersion into Relatefulness & Circling.
Price: EB 1750 sek until 16th Oct or 2100 sek FP
Contact Ernst or Navi: gbgrelatefulness@gmail.com

Week 46

- **Tuesday 15/11, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 16/11 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an email to: navermyr@live.se

Week 47

- **Tuesday 22/11, 18.00-21.00 Yoni sauna, with Ea Bergstrand and Cornelia Strandh**
We let our yonis meet in the heat of the sauna to talk about what's important. Come as you are, be who you are. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 23/11, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **Thursday 24/11 10-17** Individuella sessioner med Emma- breathwork, Somatic bodywork och Sacred feminine health
17.30-18.45 Vinyasa-yin- The body as the Metaverse-
Yoga med Emma Johansson anmälan till emmajohanssoneyoga@gmail.com

DECEMBER 2022

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Week 48

- **Tuesday 29/11, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 30/11 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an e-mail to: navermysr@live.se
- **Thursday 1/12 10.00-17.00- Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health**
17.30-18.45 Vinyasa-yin- The body as the Metaverse-
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com
- **Sunday 4/12 Womens space inner seasons in a female body**, a women´s circle where we follow and diving in to our mooncycle in synchronicity with the cycle of the year.
- more info at fb or by mail, emmajohanssonyoga@gmail.com

Week 49

- **Tuesday 6/12, 18.00-21.00 Tantric evening, with Ea Bergstrand and Cornelia Strandh**
Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 7/12, 19.15-21.00 Soulful Dance Journey w Erica Nylander**
A guided inner journey to different types of music and rhythms. We let go of how it looks and embrace how it feels. 190 kr, maila för mer info och anmälan: create.w.eric@gmail.com
- **10/12, 10.00 - 16.30 Rising in Love Family Constellation with Candra**
Välkommen att uppleva familjekonstellationsarbete och meditation med Candra. 695 kr. Begränsat antal platser – förboka per mejl: candra@candrakarholm.com.
- **16/10 11.00 - 17.00 Individuella sessioner med Candra**
Vill du ha klarhet i vad ditt nästa steg är för din personliga utveckling? Behöver du stöd i att släppa, läka eller försonas med något? Välkommen att boka på-plats-session, individuell coaching med Candra. 50 min 750 kr. Boka per mejl: candra@candrakarholm.com

Week 50

- **Tuesday 13/12, 18.00-21.00 Tantric evening, LUCIA special with Ea Bergstrand and Cornelia Strandh**
We will focus around the theme of Lucia and let her story inspire what our story will be. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 16/11 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an e-mail to: navermyr@live.se
- **Thursday 15/12 Thursday 8/12 10.00-17.00- Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health 17.30-18.45 Vinyasa-yin- The body as the Metaverse-**
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com

Week 51

- **Tuesday 20/12, 18.00-21.00 Yoni sauna, X-MAS special with Ea Bergstrand and Cornelia Strandh**
We let our yonis meet in the heat of the sauna to talk about what's important. Come as you are, be who you are. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Thursday 22/12 Thursday 8/12 10.00-17.00- Individuella sessioner med Emma- Breathwork, somatic body work, Sacred feminine health 17.30-18.45 Vinyasa-yin- The body as the Metaverse-**
Yoga med Emma Johansson anmälan till emmajohanssonyoga@gmail.com

Week 52

- **Tuesday 27/12, 18.00-21.00 Tantric evening, NEW YEAR special with Ea Bergstrand and Cornelia Strandh**
We will focus on the upcoming year and work with intentions for the new year and what to let go of from the year past. Through tantric exercises we will explore body, mind and soul in an authentic way. During the evening, a light meal will be offered. Investment 395 kr. To register, send an email to: eabergstrand@gmail.com
- **Wednesday 28/12 19:15-20:30 Yin Yoga & guided relaxation**
Together we will slow down, take deep breaths and stretch our bodies in a yin yoga session to ease the tension and reduce stress in your physical and mental body. Beginner friendly, come as you are. Cost: 175:- . To register, send an e-mail to: navermyr@live.se
- **Thursday 29/12 New Year Ceremony with Emma, more info on fb**