EVENTS + WORKSHOPS

BLISSFUL HEART KIRTAN

Open your heart with singing meditation in our Blissful Heart Kirtan sessions. Based on ancient chants, Kirtan is a type of call and response-style song that allows you to reconnect back to the Divine inside of you. Allow the music to do for the work for you as our musicians sing Sanskrit mantras and you, in turn, sing it back to them. As you join in this peaceful sing-along, you get to experience the beauty of your singing voice as all voices merging into one. Kirtan music is non-denominational and non-religious, and lets you discover a deeper connection with the musicians, others around you, and yourself.

BREATH OF LOVE

Breath Of Love is a powerful breath-work & sound-based workshop. A shamanic journey which will help you to embody your infinite potential, manifesting harmony and abundance, love, health, happiness, and money. Guiding you in your journey to reconnect with your authentic soul, your true self, your higher self, with your inner infinite intelligence your spiritual heart center.

BREATHING MEDITATION

With breath comes life. Harness the power of your breath to ground yourself with meditation techniques. Discover different ways of using the breath to flow into a relaxing, meditative state with ease. Learn about different seating positions and meditation techniques to overcome stress, anxiety, and emotional upset. Build a meditation practice to help you tune into your body, calm your nerves and centre yourself to take on the stresses of life.

CONTACT IMPROVISATION

Contact improvisation is an open-ended exploration of the kinesthetic possibilities of bodies moving through contact. Sometimes wild and athletic, sometimes quiet and meditative, you will intuitively move and interact with other bodies through your sense of touch and connection.
Together we create a safe space to explore these skills and let our curiosity and joy lead the dance.
We will explore the foundations of contact improvisation through guided exercises and moving to music. Learn about the physical principles of touch, momentum, and weight sharing through contact movement, to discover the skills of falling, rolling, counterbalance, lifting using minimal effort, how to make ourselves light when being lifted, centering and breathing techniques, and responsiveness to our partners and surroundings.

FIVE MOVEMENT FOR SELF BODY EXPLORATION

This workshop will bring you a deeper understanding of your body mind and inner movement.
The 5 movement is based on Chinese medicine philosophy where each mvt is related to an element.

Earth Metal Water Wood Fire. Each element is related to an emotion, an organ and specific lines of energy. The individual specific connection of all those element in our body give us our personality and our specific ability to move the body. You will be guided through a journey and will learn the base of this philosophy of 5 movement to explore their manifestation via dance,streching partner work and stillness.

HIMALAYAN SOUND & ENERGY HEALING MEDITATION

Relax and unwind with the soothing experience of sound and energy healing. Enjoy the rich and deep sounds of the Himalayan Sound Bowls and powerful healing energy of Reiki as you let go and unwind in our meditation session. Using modern frequency, the meditation allows you to access deep bodily relaxation from the vibrations of our Himalayan Sound Bowls. Calm and relax the body with the power of Reiki's healing touch. Bask in the good vibes and emerge with blissful peace in our sound and energy healing meditation session.

INTERGRATED STABILITY

The intent of this unique and powerful practice is to offer new ways of approaching asana and movement, creating opportunities for a deeper understanding of strength and flexibility dynamics. The challenges presented in each class will ultimately ensure access to a deeper connection of breath and body during yoga asana and any other mind-body explorations. A body that is strong, confident, and capable allows access to an equanimous mental state: focused and unbending. Expect to sweat in a practice that is both expansive and playful, as we explore new territories of your potential. (Intermediate level class with intervals of medium to high intensity).

MEN UNMASKED - A CIRCLE FOR MEN

A weekly gathering of Men in our Community to build bonds and Brotherhood.
This is a chance and a place for you to unmask from the stereotype, to put down your armour, to stop trying, to stop impressing and to simply be seen. Seen by other men with your shadow, your problems and your scars. You will find that each man also has similar wounds, which is the beauty in this process. I ask you to bring your authentic self and to search deep within.
The space is a container and a bond of secrecy must be committed to. I want to underline this point. Nothing leaves the circle and if you come you have to be ready to commit to this. What is shared is sacred. I hope to see you guys there and welcome you all with open arms.

POWER OF PRANAYAMA

In today's human experience we often live in a state of being that is filled with tensions in the body and mind, emotions that are hard to understand or resolve, and a disconnect from our breath system. Being able to breathe in a connected, full and rich way is essential and it's how we gain access to clarity and vitality in life. In this workshop you will learn how to use the breath to create coherence and harmony between the heart and brain, calm and and restore the nervous system, increase energy levels, raise your vibration and bring balance to your emotions so you can find more connection with yourself and others, harmony in life and feel your very best. You will leave this workshop feeling energized, inspired and with techniques that you can implement into your everyday life.

SHAMANIC SOUND HEALING

Shamanic sound healing journeys are beautiful sound-based meditations using high-frequency healing instruments, sung and spoken voice, guided meditation, to evoke a state of well being, relaxation, deep peace, and inner harmony. You are invited to share the space with Davide D'Agostino for a divine healing journey like no other and delve into the cosmic realms through a shamanic sound experience that will

enliven your spirits. The journey will invite you to meditate, stretch, dance, sing, play, and discover. Dissolve stress, surrender, and awaken your innermost heart through the healing power of sound in a safe, held and loving environment.

SOMA BREATHWORK

This is a multi-sensory guided meditation, visualization and breathwork journey that combines therapeutic breath techniques with brainwave entrainment music to guide participants into expanded states of clarity, connection and inner peace. Breath is a powerful tool to activate the inner pharmacy for deep healing and access expanded states of consciousness. Breathing in a deep, steady, rhythmical fashion facilitates coherence of the bodies various systems. Combined with rhythmical and tribal beats, guided meditation and imagery, and breath-hold techniques, SOMA proves to be a remarkable tool to reprogram limiting beliefs, promote self healing and connect to the wisdom and power within.

THERAPEUTIC ACTING

Each class will be a mix of learning acting methods, pair and group participation, therapeutic exercises like stepping into emotion, challenging fears, working with nervousness and speaking our truth as well as monologues, skits and mini performances.
The goal is to bring participants out of their shell as well as guiding them to use emotional intelligence and empathy in powerful and creative ways, the classes are about stepping into our power in the most fun way possible.

YOGA NIDRA

Allow yourself to relax and enter the realm of subconscious and superconscious awareness as our Yoga Nidra instructor guides you into a deep state of consciousness. Known also as Yogic sleep, this is a powerful form of meditation that is accessible to anyone. It allows psychic and psychological rest and provides you a window to learn about yourself intimately. Discover a new Yoga Nidra practice for profound changes in your sleeping habits and a significant decrease in levels of stress and anxiety.

** For prices please refer to the Orion Weekly Timetable*