

Open Your Heart in English

Friday May 31 19.00 – Wednesday June 5 12.00

Enjoy more space.

Space where you can be both adventurous and tender. Space where your life can flourish.

This is a neutral space, away from the demands of your work, home and families.... It is a beautiful space where you can relax, unwind and have fun, find your true purpose....It is a safe space where you can explore vulnerability and savour the commonality of our shared experience with people from all over the world. And in a new language you have permission to step a little further into the unknown.

Life is to be lived. Each of us each day has a choice. Do we continue doing things in the way we've always done them, without really thinking, making the same mistakes and having the same outcomes or do we look closely inside and see if there's a different way we could be in this moment. A way which perhaps nurtures ourselves and others a little more.

We can continue to walk the treadmill of a predetermined path, churning out stuff, consuming randomly, reacting out of habit. And all around us we can see the results of this; a fragmented society full of anxiety, people isolated and lonely.

Or we can choose to transcend this suffering by coming together and celebrating what we have in common – a capacity for connection, love and laughter.

Be a part of this creative exploration, be as magnificent as we can be, alone and together.

The week isn't about learning more. It isn't about adding to our stress. It is simply about being, just who we are, right now. This is a sacred territory and we will explore it gently, with humility and honesty. In the process we will all find the gift of clear direct communication, from the heart.