

25 - 27 March 2022


USTADY
TOUCH

Jehinaz



52nd
Edition

25 Mar.

 The first day is about entering the space where your transformation will take place, it is about compatibilizing your platform to the seeds that are going to be sown so that they take the momentum of their growth. This will be done through tools designed with breathing techniques and postures, meditations with sound projection and relaxation postures where the acquired things will fit together for a good functioning.

14:00

- Arrival of participants & hotel check-in.


17:30 to 21:00 (**Session I**)

- Includes exercises, breathing techniques, meditations and teachings (Introduction of the theme).

21:00

- Dinner at the hotel main restaurant.

26 Mar.

 The second day is about opening your channels of perception by expanding your sensory field and learning the right approach to connect, it is about communicating with your supreme being via the sacred space.

6:00 to 7:00 (**Session II**)

- Meditations guided by USTADY, introducing the power of sound, with mantras that have a purifying and healing power

07:30

- Breakfast at the hotel.

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26 Mar.

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Houyam



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9:00 to 13:00 (Session III)

-Meditations, exercises, breathing techniques and healings, all embellished by USTADY's interactive teachings around the theme of the event.

13:30

-Lunch at the hotel.

-Free time (opportunity to enjoy the pool or go for a walk, enjoy the hotel facilities (individual SPA...), services and exceptional location).


-One to one sessions with USTADY: This includes an individual meeting for a personal orientation with personalized diagnosis and specific interventions (Power of Healing) - (By appointment and upon confirmation of the H.E.P team).

21:00 to 23:00 (Session IV)

-Immersion in the jovial atmosphere of Houyam Gala (Mantra and chanting), another unique experience through the power and the beauty of the sound as well as a wealth of teachings and exchanges with USTADY.

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 The third day is about tying the links between you and your constitution, it is learning to swim.

07:30

- Breakfast at the hotel.

10:00 to 13:00 (**Session V**)

- Finalization class of 3 hours of teachings, meditations, exercises and healing interventions.

13:30

- Hotel check-out.

15:00

- Lunch at the hotel.

16:00

- End of the seminar & departure.

All times are GMT+1 based and are subject to change.

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Jeffrey



52nd
Edition

 www.ustady.com  00 212 632 543 808  UstadyOfficial  @UstadyOfficial
 00 212 674 27 00 55  Ustady  contact@ustady.com  [ustady_official](https://www.instagram.com/ustady_official)