

Weekly Self Transformation Schedule FEB 2020 Holding Space For You with Emily Jackman Namaste!

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
0600-0800							
1000-1200		Group Block 10 week	Adult & Child pre-booked sessions			Group Block 10 week	Group Block 10 week
1330-1500	Drop in & Online	Drop in & Online				Drop in & Online	Drop in & Online
1530-1700	Drop in & Online	Drop in & Online	Pre-booked online, evening & one on one support with personalised practical guidance face to face or via video call aligning to your schedule				
1800-1930							
2000-2200	Short Group Block	Group Block 10 week		Group Block 10 week			
I am able to accommodate for evening, online & one on one bookings upon request.. Swapping group block with Drop in times when needed to suit guests schedules also available so make contact to find the right class to fit your needs.							

Evening, Online & One on One bookings available upon request. Classes all pre-booked -

Block bookings for most immersive progressive structure via 10 week outline – daily online private group guidance & support

Sunrise Session – throughout the year we will align our schedule to Sunrise meeting meditating at Paignton Beach, with blankets, then returning to studio for immersive practice.

Sunset Session – throughout the year we will align our schedule to Sunset meeting meditating at Paignton Beach, with blankets, then returning to studio for immersive practice.

Weekly drop-ins or LIVE ONLINE with designed topic eg root chakra, trust, guilt etc huge perspective awakenings, networking, connecting with others & allowing for all schedules Weekly drop-ins with guests on the spot topics to what is current for them, building trust in the freedom of the present moment with no 'plan'. Trusting in the teacher & the 'moment'.

Online support, one on ones & evening guidance via video call on your schedule – personalised & detailed for your situation – this is helpful whether you can or cannot visit in person for deeper guidance - releasing location or time as a block within your journey

Adult & Child Group or 1on1 Sessions available Mon, Tues & Weds on request 1 week advance pre-booking drop-in & blocks. Times flexible to suit parental responsibilities between 0900-1500 Highly beneficial, community, supportive, intellectual stimulation as well as experiential.