



Soul Festival

18

Feb

11am to 4 pm

Breathwork Movement
Plant Medicine Art Therapy
Conscious Pop Up



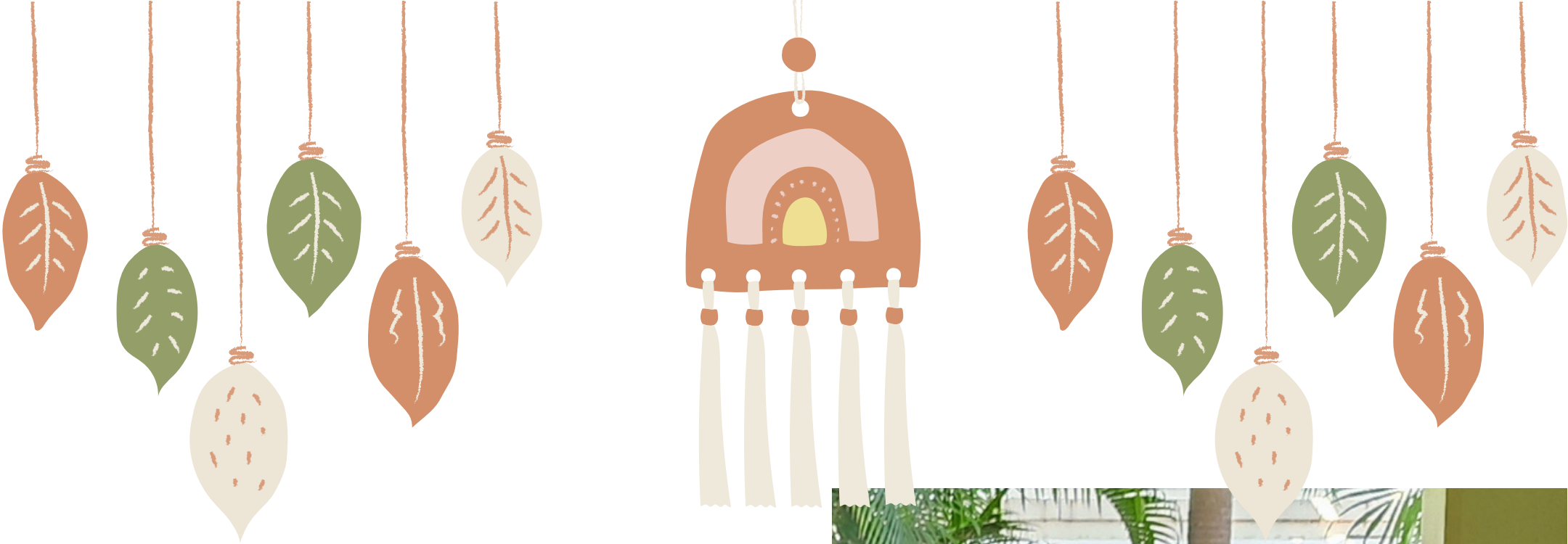
Intuitive Movement

Facilitated by Dr. Mansi Mahajan

Intuitive movement is the natural, spontaneous act of moving in a way that feels right for your body, involving mindful awareness, breath connection, and the exploration of movement without rigid structures. Listening to our bodies, releasing expectations, (& endorphins!) while embracing creativity to express ourselves freely is medicine on the healing journey.



**Transformation Coach,
Yoga & Meditation Teacher, Author**



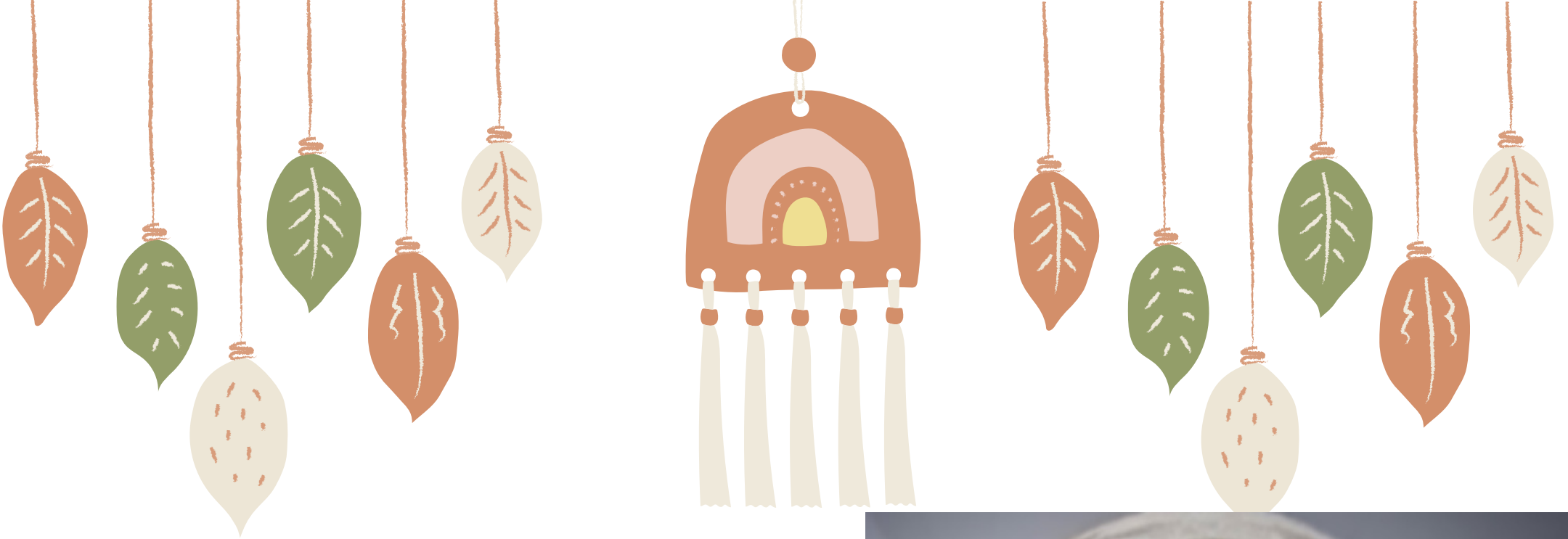
Tree of Life Narrative Art Therapy

Facilitated by Dr. Reshma Sagari

Immerse yourself in a guided exploration of your personal narrative through the metaphor of the Tree of Life. This ancient symbol, deeply rooted in cultural and spiritual history, serves as a canvas for your reflections on the past, grounding in the present, and aspirations for the future. You will be gently guided you through each step, creating a safe and nurturing space for personal exploration and growth.



**Doctor of Natural Medicine &
Narrative Art Therapist**



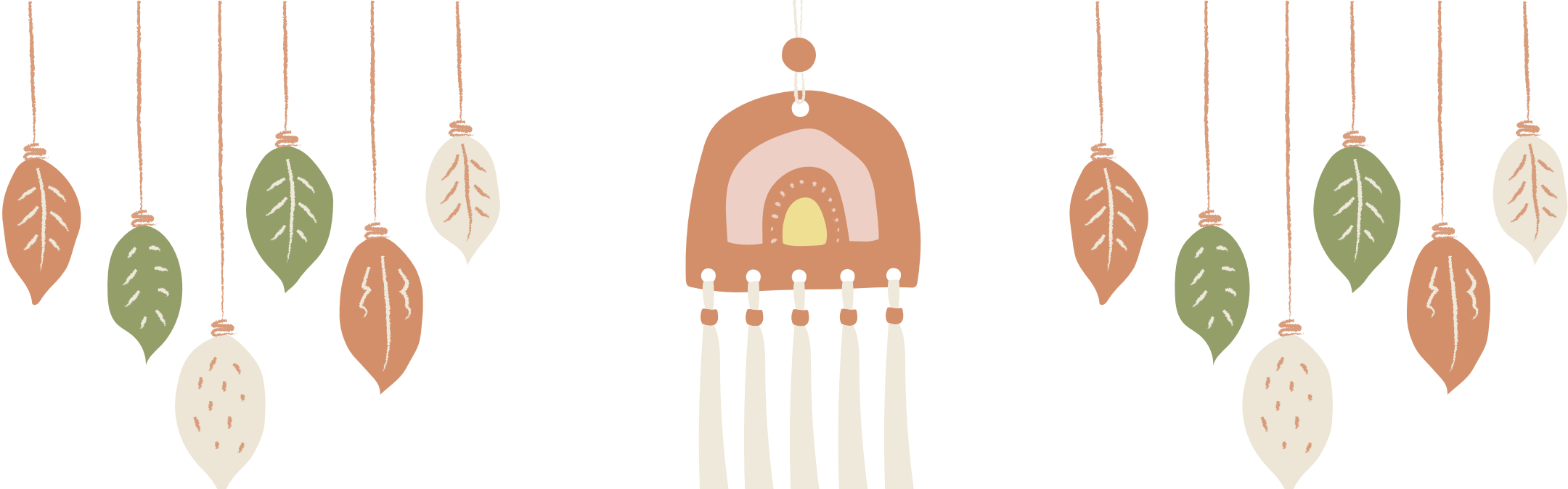
Conscious Connected Breathwork

Facilitated by Eshan Kokiloo

Conscious Connected Breathwork is a breathing technique which allows practitioners to tap into their mind-body-spirit matrix. It allows them to dive deep into their subconscious mind and understand the inner workings of it and how to reprogram it, thus reducing stress and anxiety, healing old emotional wounds and exploring altered states of consciousness.



**Breathwork Facilitator &
A Multi Modality Bodywork Therapist**



**Location - HOUSE OF KAPAALI ORGANIC FARM
Noida**

**Early Bird price till 7th FEB
Rs 4444**

**Late Bird
Rs 5555**

Inclusive of a tribal farm fresh lunch for the soul

***Optional stay @houseofkapaali
Tariff Rs 3500 on double occupancy
Rs 2500 on single occupancy**

Gpay on +91 8178 912616

**Get in touch with us
Mansi 9810598009
mansi@houseofkapaali.com**