

# #EMERGINGPROUD



## 12<sup>th</sup> May 2020 FREE online events

7.30am PT / 3.30pm UK / 4.30pm CET

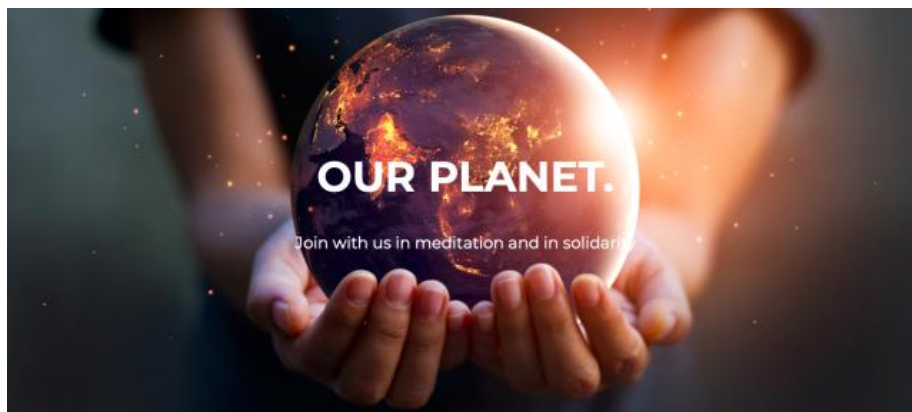
### DEACTIVATE YOUR STRESS; FREE LIVE ONLINE HAVENING SESSION HOSTED BY JOINHER

Join us for a 45 minute collective group havening session to connect people from all over the world. Havening is a psychosensory approach to self soothe in the moment, reducing any stressful or anxious response and allow your body and mind to glide safely into a state of personal balance. We are inviting you to take some time to just be and place the focus of your attention on who you would like to become after all of this has passed, will you be Emerging Proud?

[CLICK HERE TO RESERVE YOUR FREE PLACE](#)

11am Central Time (US and Canada), 5pm BST, 6pm CET

### Emerging Proud Day LIVE Gathering of Light Meditation



[CLICK HERE TO REGISTER YOUR FREE PLACE](#)

After registering, you will receive a confirmation email containing information about joining the webinar.

To sign up for further Gathering of Light meditations, [CLICK HERE](#)

**11am Pacific Time, 7pm UK, 8pm CET**

**LIVE ONLINE GROOVE SESSION, HOSTED BY AMY WOODS**



To book your place and receive the Zoom link, please email Amy, at:  
**[info@soul-shine.org.uk](mailto:info@soul-shine.org.uk)**

For more info see <https://emergingproud.com/2020/05/07/emergingproud-day-12th-may-free-live-online-groove-session-invitation/>

**Please see the live blogs at [www.emergingproud.com](http://www.emergingproud.com) throughout the day on 12<sup>th</sup> May for more of the good stuff!**

**Additional offering;**

**Sat 16<sup>th</sup> May at 9am Eastern, 5pm BST / 6pm CET**

**Akasha Yoga session hosted by Jordana**

Akasha is in the throat chakra, which holds space for the elements of earth, water, fire, and air, uniting them in their diversity into the one space of ether. Yoga is Union. In Akasha Yoga we unite the feminine with the masculine, accepting and loving unconditionally our shadow by shedding the light of our soul on it. When we can embrace both our darkness and our light we become whole human beings, transcending the war of duality and uniting in peace and Oneness from within and throughout.

Each class is a fusion of Hatha and Kundalini Yoga, mantra, pranayama breathing exercises, spiritual philosophy, meditation, and relaxation. There is an emphasis on the bandhas, the locks that tone our core strength and raise our healing energy, as well as the chakras, our energetic anatomy that keep us balanced in nature with the five elements of ether, air, fire, water, and earth. Akasha Yoga helps to relieve dis-ease, pain, tension, stress, anxiety, depression and more. Classes focus on balance, strength, flexibility, and openness, while honouring each student's potential as well as their limitations. Intention and effort are valued over level in our classes, making them available to anyone who wants to practice.

**Please do join us for a session of inner and outer connection.... online through Zoom at <https://zoom.us/j/98780528819>**

#### **What you will need;**

Please make sure you have a warm, peaceful space with a good internet connection, a yoga mat, a blanket and cushion, some water and only practice as far as your body will allow. This session is about being loving and kind with yourself, no pushing beyond your limits.

For more info go to: <https://emergingproud.com/2020/05/01/jordanas-transformation-remember-the-lovely-jordana-from-the-emergingproud-film-she-has-a-free-offer-for-you-in-honour-of-emergingproud-2020/>

**Follow the blog at [www.emergingproud.com](http://www.emergingproud.com) to discover more regular offerings between 12<sup>th</sup> May and the launch of the Caravan of Unity on 1<sup>st</sup> September 2020**

**We look forward to connecting with you in virtual space <3**