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Take some time for yourself...



SOUL-OASIS

Mental Clarity • Emotional Well-Being • Vitali

Here's what you can expect...

FEEL FREE

Two transformative days designed to help you look back, let go, and reconnect with yourself. You'll gain a clear, accessible understanding of how life's experiences are interconnected—and why letting go is so essential in today's fast-moving world.

Through gentle YIN YOGA (no prior experience required), conscious breathing, and meditation (no prior experience required), you'll learn to release what is still weighing on you and leave the past where it belongs.

We explore your past and bring resolution to experiences that may still be influencing you, allowing you to return to a more natural flow and open yourself to new possibilities.

This TIME OUT from everyday life invites you inward—to reconnect with yourself, feel more deeply, and become fully present in the here and now.

*Let go. Take time for yourself.
And open yourself to life in a whole new way.*



*We look forward
to meeting you...*

