

The Heart Remembers

Our hearts are storytellers. They hold our joys, our wounds, our dreams, and our deepest truths. Sometimes, the heart whispers softly. Other times, it speaks through the rhythm of memory, emotion, and longing.

The Heart Remembers is a gentle and nourishing workshop where you'll be guided to listen to your heart's wisdom. Through meditation, journaling, creative drawing, and heartfelt conversations, you'll be supported to reconnect with the stories your heart has been carrying — not only the pain, but also the beauty, resilience, and love that lives within you.

What's Included:

*** Guided meditation to soften into the heart space**

*** Reflective journaling prompts**

*** Creative drawing connection practice**

*** Supportive group conversations**

All materials are provided. No prior experience is needed — simply bring your open heart.

Limited places available — bookings essential.

Come as you are, leave feeling lighter, clearer, and more connected to your heart.