
27th December / reset/ workshop

19 December 2025 at 09:45

Hello everyone,

I hope you're all beginning to slow down and preparing for a Christmas break.

I thought I had finished teaching for the year, but during a wonderful lunch with **Katya Hawkes**, she asked me about the meditation work we've been doing in class. That conversation sparked an idea.

I'd love to offer **one final session for this year** — a meditation workshop called **RESET YOURSELF for 2026**.

We're heading into what looks to be a **busy, dynamic year**, and I truly wish for all of you to begin it **on a high horse — aligned, clear, and grounded from the very start**.

2026 is the **Year of the Fire Horse**, a year that calls for courage, clarity, and forward movement — but only if our energy is focused and intentional.

This workshop is an opportunity to pause, clear the year that's been, and consciously realign yourself for the year ahead. We'll press the reset button, align your energy, and step into 2026 with confidence and presence.

RESET YOURSELF for 2026

 **Date:** 27th December

 **Time:** 4:00 – 7:00 pm

 **Fee:** \$75.00

The session will include guided meditation, visualisation, and intention-setting — a space to reconnect with yourself, imagine what's next, and bring that future version of you into the present moment.

If this resonates with you, I'd love for you to join us for this special closing session of the year.

HUGE HUG and my best wishes to you for 2026!

Elena

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