

Selfcare Days

A day for silence and time out to spend recharging, nurturing and sharing in a safe space.



10.30am to 3:30pm

A retreat for you at home and the choice to follow the structure provided. Zoom 1 hour sessions together to start at 10.30am and at 2.30pm.

Dates for 2021

Monday 12 July:

Being Present: The Gift of Peace

Monday 02 August:

The Link of Love & Protection

Monday 06 September:

The Secrets of a Peacemaker

Monday 04 October:

Nurturing Self Compassion

Monday 15 November:

Igniting and Sustaining the Light Within

Monday 06 December:

Giving the Gifts of Peace, Love and Hope



The Janki Foundation
for Spirituality in Healthcare

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www.jankifoundation.org
Putting heart into healing