



YOUR SPACE

CREATE YOUR SPACE BEFORE WE MEET

YOUR SPACE IS SACRED

One of the beautiful things about joining a Prograna workshop from home is that you are able to experience the day(s) within your own environment. A space that feels familiar, safe and uniquely yours.

Before we meet, take a little time to intentionally prepare your space.

There is no right way for your space to look or feel, you do not need to create the perfect setting, but rather create an environment where you can be present, comfortable and undisturbed.

You may wish to clear away any distractions, tidy up your desk space, soften the lighting, light a candle, burn incense...
Anything that feels right for you.

Create a comfortable space for when you receive Prograna and the activations. You could have pillows and blankets at the ready.



Just a few things to note - No crystals on or near the body during Prograna exchanges and activations. No scents burning/diffusing during the activations.

MINIMISE DISTRACTIONS

It is important to allow yourself to remain present throughout.

Ensure your phone is on silent and turn off notifications on the device you are using to attend the workshop.

If others are in the home with you, kindly ask them to honour your time, it can be very distracting if others are walking in and out of your space or making lots of noise - Headphones can be a great way to minimise outside disturbances.

I am often asked if pets can be in the room - pets can be in the room with you if that feels right for you, I love animals but they can pose as a little distracting sometimes, so please use your discernment. I do recommend though that your pets are not in the room with you / or laying on you when receiving the activations. Every animal responds differently to the energies and it can make them slightly unsettled and move around a lot, which can distract you from your internal experience. Again, please use your discernment.

Before logging into Zoom for the workshop, I recommend that you spend 20 minutes in intentional stillness to allow yourself to centre before we begin.