

Monthly women's meetings.

Breath, Art & Imagination,
paths of inner unity.



Who are these meetings for?

The sessions were designed for women who follow the path of inner truth. For women who are open, curious about themselves and others. We meet to create together, inspire each other and share what's best. It is an invitation to create your own inner world, respecting otherness. We will spend the time that I personally dedicate to Self- Discovery. Expression. And a vision- me & my higher potentials. We will build a future that is an expression of the deepest joy, dreams and freedom. And also tearing down what no longer serves. If you feel that such values resonate with you, I cordially invite you to meet me together.

Methodology of classes.

The path of conscious breathing and spontaneous drawing are, in my opinion, methods that help you connect with self. With your heart, soul, pure endless nature. The original method of the Imagination of the Heart is used to visualize, feel and design your life in an individual way. Different for each of us.

Meetings will focus on feeling, returning to the body, heart, intuition and senses.

This is an encouragement to express yourself freely. And also to discover new spaces within yourself. We will create in your heart and imagination. Invite to your life what is most important at a single given moment. It is an invitation to inner curiosity and joy of creating. Art is communication. With self and with the environment.

In this spirit and with these values, I invite you to meet me during our sessions.

How will the classes be conducted?

1. Greeting and pronouncing the intention for a given month
2. Part of the breathing-meditation
3. Drawing part (or special guest *)
4. Termination

How to prepare for the meeting?

Classes will be entirely conducted on a yoga mat (it may be a blanket).

You should prepare colorful pencils of various structures and thicknesses.

Blank sheets of A4 and A3 format.

A comfortable outfit that allows freedom of movement.

Day and Duration?

1st Thursday of each month, 19.00-20.30, on the zoom platform.

*** special guest**

I would like to invite a special guest every other month.

That is, a person who has a passion for any form of art or self expression. Someone who has special path that he shares with others. If you are such a person, write to me :)

About the founder.

Hi. My name is Kaja. I'm curious about life. I feel existence with my whole being. I experience it with my heart and my senses. I communicate with others with a smile, a deep look, a strong handshake or a hug. I love nature and entire the animal world. I love to photograph, write and meditate. Professionally, I help clients feel good in the space of their body and home. Through the path of yoga and holistic design of living spaces. I am an artist, I create intuitive energy images. If you want to know more about me, what and how I create, or you want to just chat, write to me :)

Welcome you dearly,
Kaja Kochańska

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BODY & HOME
TRANSFORMATION
by *Kaja Kochańska*