

AECED organised Complementary Webinars in celebration of International Women's Day with special wellness & therapeutic sessions.
#IWD2021 #choosetochallenge

Restorative Yoga Session Saturday, 6th March 2021

Pause-Restore-Heal-Glow

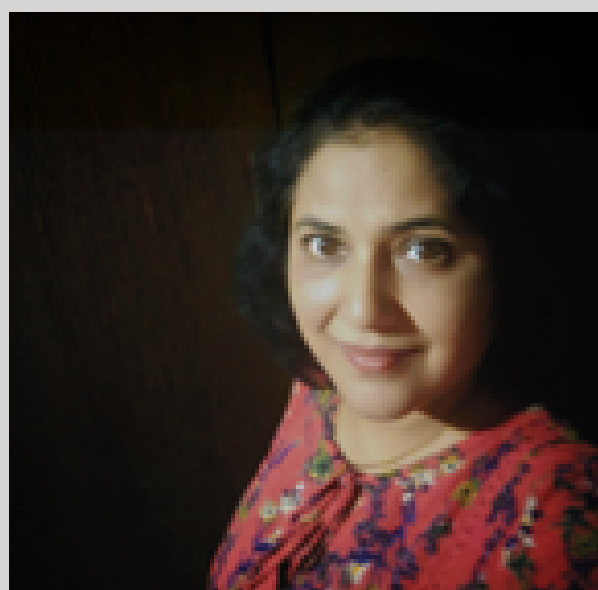
Nurturing the most important relationship in our lives-the one we have with ourselves.

The session helped activate your parasympathetic nervous system, which, helped the body, mind and soul-rest, heal, restore.
Claim your superpower.

Calm is your superpower.



Resource Person :
Monisha Singh Diwan
Restorative Yoga Teacher
ECD and SEL Specialist
Founder- Mighty Hearts
EC Member AECED National
Jt Secy. AECED Mumbai



Reiki & Quantum Sunday, 7th March 2021

An introduction to Universal Life Force - Session on Reiki and Quantum Healing

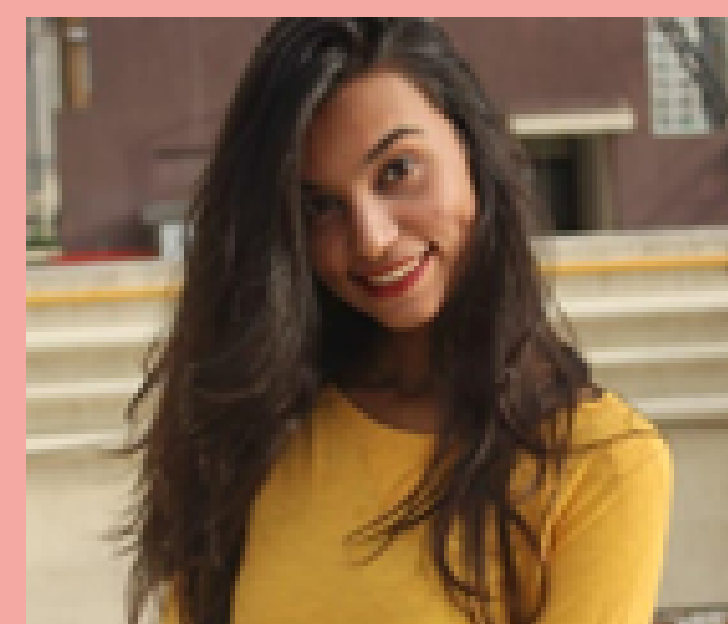
It was a focused and holistic Healing session to equip yourself with practical use of Universal Life force to heal and balance your energy field for physical and emotional well being.

Resource Person :
Netra
Holistic Healer, Reiki
Master,
NLP Master Practitioner
And Soul Coach

Zumba Monday, 8th March 2021

Spring into Movement... Let's dance!

Zumba was a fun, high-energy workout experience that helped improve cardiovascular fitness. No special equipment or outfits were needed either. All you needed was a positive attitude and to keep moving along with each song.



Resource Person:
Mahek Shah
Licensed Zumba
Instructor since 6 years
Professional Dance
Trainer since 10 years