

Regenerating the self daily

Restoring the relationship
with myself and our land



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Date // **3-11 Dec 2024**

Time // **8:00-8:30 AST**

Location // Blue Zone,
Restoration Pavilion

Join us for “Regenerating the Self,” a series of reflective meditation sessions designed to foster a deep connection between personal well-being and land restoration. Each 15-minute session, held daily before the first side event at the Pavilion, encourages participants to restore their inner peace, love and happiness. By cultivating a calm mind and open heart, we can enhance our relationship with the land, creating a foundation for effective, compassionate restoration of ecosystems and resilience to climate change.

Register here: bit.ly/3AAd4rm



Participants:



Sonja Ohlsson
Denmark



Aneta Loj
Poland



**Grace Celestine Lopez
Charles**, Ghana



Priyanka Patil
India

Awatif Sharaf
Bahrain

