

# Regenerating the self daily

Restoring the relationship  
with myself and our land



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

Time // **8:20-8:50 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](https://bit.ly/3AAd4rm)



## Participants:



**Sonja Ohlsson**  
Denmark



**Aneta Loj**  
Poland



**Grace Celestine Lopez  
Charles,** Ghana



**Priyanka Patil**  
India

**Awatif Sharaf**  
Bahrain

