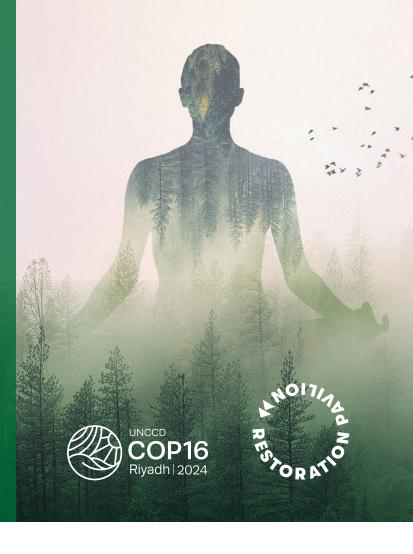




Regenerating the self daily

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

Participants:



Sonja Ohlsson Denmark



Aneta Loj Poland



Grace Celestine Lopez Charles, Ghana



Priyanka Patil India





