

From Spirituality to Sensuality

A women's circle curated by Jasrin Singh



JASRIN SINGH
EXECUTIVE & LIFE COACH

“When women gather, the world will heal” – Hopi prophecy.

Calling on the women of the future, to gather, to collaborate, to heal, to grow, to commune with the divine and with each other.

Inviting a select group of women to create sacred circles, in a quest to honour the divine feminine, to heal and balance ourselves and therefore the world.

For centuries, living in a patriarchal world, we have been taught and conditioned to honour masculine values such as competition, hierarchy, doing, forcing and profitability. What is desperately needed in our organizations and communities, is more feminine energy and values such as collaboration, equality, being, allowing and sustainability.



In order to shift global perspectives and behaviours, from a masculine competition-based system to an egalitarian, communal and nurturing system, we need to uplift and empower the divine feminine energy in our individual selves as well as in our leadership roles.

These circles are a sacred journey and provide a safe space for women, to reclaim our power, heal our wounds, connect, and commune at a deeper level with ourselves, each other and divinity.

Our Women's circle will cover some of the following themes

Spirituality

- Opening ourselves to meet with the cosmic and the divine realms
- Sacred rituals to honour and connect with the Divine Feminine
- Moving towards a nonlinear way of living and being
- Understanding the 4 bodies – physical, emotional, mental and identity
- Practices to build a regular spiritual practice – meditation, chanting, breathwork
- Sacred power of rituals such as women's circle

Personal Growth / Leadership development

- Deep dive into our own personal journey
- E learning program – Blueprint of the Authentic You
- Understanding our own personal blueprint
- Healing our wounds, cleaning the past
- Working with inner child and higher self
- Emotional management and regulation
- Effective decision making

The play of Yin and Yang

- Balancing the divine masculine and feminine energies within us
- Understanding how both these aspects work within us
- Your personal relationships with the masculine and feminine energies
- Breaking out of patriarchal conditioning
- Healing our mother/ feminine wounding

Sensuality

- Understanding our own bodies
- Learning to honour our physical and sexual self
- Divine expression and exploration of our sexuality
- Understanding freedom of sensual expression
- Breaking free from shame and guilt attached to sexuality and sensuality
- Expressing our sensual self through dance and movement

In these circles we consider each person to be a distinct individual to be honoured and nurtured. This is a circle of love, nurturance, and joy. A space where we can all be truly vulnerable and fully free. Please indicate your interest, knowing that this is a sacred journey which requires for you to be fully present and committed to the process.

WORKSHOP INFORMATION

Full day – Once in 6-8 weeks

Time – 9 a.m. – 5:00 p.m.

Cost

Sgd 550 per session.

Sgd 450 for upfront payment of 6 sessions
Lunch, tea/ coffee and snacks are included

FACILITATOR AND COACH

Jasrin Singh is devoted to pioneering pathways to authentic leadership and living. She has more than 1000+ hours of coaching experience and provides consulting and facilitation services. She enables people to take full ownership of their "real" selves and lead through compassionate power. She works with individuals and groups, to guide them in discovering their deepest desires, realizing their full power, and achieving their personal and professional goals.

As a woman, she is motivated by, and devoted to empowering the lost feminine energy and values, in the world. Jasrin is guided in her work by intuition, inspiration, and wisdom, accumulated over decades of spiritual and personal transformation work.

Jasrin has an MBA from INSEAD and over 20 years of business experience.

CONTACT DETAILS

+65-9066-8234

jasrin@jasrinsingh.com

Singapore Address

13 Jalan Istimewa,
Singapore – 278397