



Sahara Sisterhood is a project created to provide a safe and secure space for living an embodied experience in modern times. Learning that encompasses spiritual, moral, social & cultural wisdoms is facilitated via multi-disciplinary principles that combat suffering by building resilience. At Sahara, our work empowers women of all ages allowing them to rise above the challenges of mental abuse, domestic violence, and all forms of trauma.



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We are committed to serving vulnerable women from diverse communities, encompassing all faiths and beliefs. Each sister is given the opportunity to express herself and is then guided towards the best support. We have a dedicated team of professionals: doctors, therapists, functional nutritionists, mental health experts, musicians, artists, and educationalists that provide bespoke programmes to meet individual needs.



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# SAHARA SISTERHOOD

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We are passionate about all those that cross the Sahara path. We put our heart, body, and soul into celebrating each journey by encouraging personal development in a creative and judgement free zone.



# SAHARA SISTERHOOD ACTIVITES

Sahara aims to strengthen and support the people who choose to embark upon this journey of self-expansion, sovereignty & discovery.



Creativity ,working with our hands, to empower ourselves and initiate new skills & entrepreneurial initiatives.

Our work is unique as it addresses the overall wellbeing of each individual. Each workshop has a specific theme.

We work on every aspect of empowerment so that our sisters become ambassadors and catalysts of change. The sisterhood gives inspiration, hope, motivation, and courage to heal and evolve beyond the past for a brighter tomorrow.



## MIND

Our mind is a beautiful, delicate and intricate instrument. When unlimited it is our best friend and is free to dance with the body using the entire universe as a stage. When we become slaves of false beliefs the mind limits us and we cannot thrive. When we cultivate the mind, amazing prospects unfold and we begin to discover hidden depths of ourselves that manifest effortlessly.



*Listen & dialogue in a non judgemental space.*



*Work & rekindle energy for creativity.*

## BODY

Yoga is a form of art that heals the mind, body and soul. The physical *kriyas* and movement helps to evoke consciousness and opens the heart into deeper clarity. The powerful sets and exercises we share shift trauma, build immunity, and activate the nervous system to create a profound sense of relief and wellbeing.



*Connect with external agencies & experts*



*Physical & emotional movement therapy*

## SOUL

When women gather together in a circle of trust and let their guard down, they find themselves able to have in-depth conversations that are soulful, meaningful, and true. These soul-to-soul stories create deep seated respect for one and other as we build and rehabilitate our Sahara network.



*Mindfulness, meditation & deep relaxation*



*Release fear, anxiety and self doubt*