

Man UP!

a weekend workshop in London
with Devaraj & Dhiraj

Workshop Schedule

Saturday

10.00 – Arrival

10.20 - Session: Bioenergetics & Expressing Feelings - Letting go of what has been holding you back from being fully a man. Finding your authentic individuality.

13.00 - Lunch and Break

14.00 - Session: We sit together as men and individual guys have the opportunity to stand up in front of the others, to talk about what they're busy with in life, taking a risk, and be heard and seen, and perhaps receive support from Dev & Dhiraj, who have years of experience working with guys.

17.00 - Day Ends

In the evening you can join us for a meal in a Turkish restaurant nearby, meat and non-meat options available.

Sunday

10.00 - Session: Find your Mission and Clear Out Blocks to Achieving It.

13.00 - Lunch and Break

14.00 - Session: Another opportunity to sit together as men. Individual guys will have the opportunity to stand up in front of the others, to talk about what they're busy with in life, take a risk, and be heard and seen, perhaps receiving support from Dev & Dhiraj, who have years of experience working with guys.

17.00 - Day Ends