



## Heart Speak

It is a gentle evening practice where we gather online to connect inward, listen deeply, and speak honestly from the heart. Each week offers a chance to tune into your body, explore the language of emotion, and create space for what's truly alive within you.

Sometimes we breathe together, sometimes we simply sit in stillness or share in sacred listening, always with the intention of deeper self-connection.

Tuesdays | 7:00–7:30 pm AEST

Come as you are—no experience needed. This is a free, open offering.

How it flows:

- We begin at 7:00 pm AEST with a short breath or grounding practice.
- Then we move into a 10-minute Self Connection Practice, sitting together in presence.
- You'll be gently invited into breakout rooms to share from the heart for 5 minutes each.
- We return and complete together by 7:30 pm.

Video ON supports a sense of presence and connection.

The Zoom link stays the same each week—easy to keep on hand.

This practice has deeply enriched my own life, and I'd love to share it with you if you feel the call to connect in this way.

Everyone is welcome.

No experience necessary—just bring your breath, your heart, and your presence.

With love,  
Elyse

#### Zoom Details

Meeting ID: 892 0707 7982

Passcode: heartspeak