



*We invite you  
to join our*

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## HARMONISING WORKSHOPS

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*A moment to pause, a space to breathe  
and an opportunity to restore your inner balance.*

### THE PROGRAMME INCLUDES:

- guided meditation
- relaxation accompanied by the sounds of vibrational instruments
- breathing and calming exercises

The workshops will be led by:

**AGNIESZKA BERLIK-GRABOWSKA**

- co-founder of Ajana Musica and Dolina Dźwięku.

The sessions will take place on **Saturdays** from **12:00 to 15:00**,  
between **19 September and 31 October 2026**, excluding 3 October.

**Participation in the workshops  
is complimentary for hotel guests**

