



WORLD KINDNESS DAY

13 November 2025

Kindness is contagious – let's spread it like sunshine! Celebrating the quiet power of compassion, connection and care, we send out ripples of love across our island...and beyond.

HeartWaves: Love & Kindness Meditation

Radiate a loving kindness into the universe, one breath at a time.

Through this gentle yet profound journey, you'll nurture compassion from the inside out – beginning with yourself, then gradually extending warmth to all living beings, even the unseen energies that swirl through the cosmos.

9:00 am to 9:45 am
JOALI BEING Cure Yoga Pavilion
Complimentary

For information or reservations, please contact your Jadugar.

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