

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4 Cacao Ceremony + Sound Bath with Kitty	5	6	7 Jewellery & Crystals Alchemy with Theana
8	9	10 Everyone is a Poet workshop	11	12 Guided Detox with Alana	13 Hormone Harmony + Womb Healing workshop with Rina	14 Manifesting 2026 with Alana
15 Gentle Wellbeing workshop with Chrissy ----- Family Constellations with Hugo	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

 = special events.
Book via instagram

Weekly Classes / Ceremonies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Manifestation with Theana at 7pm	Tarot with Raul (during cafe opening hours)	Yoga with Mariana	Kundalini Yoga with Viola at 9:30am	Yoga with Anna at 9:30am		Guided Breath-work + Sound Healing with Valentina at 5:30pm and 7pm
	Reiki with Theana (book slot)	Hatha & Yin Yoga with Aran at 7:15pm	Animal Reiki with Hala (Book slot)	Spinal Energetics with Nora 1:1 (Book slot)		
	Sound Bath with Kitty at 6pm and 7:30pm	Private Readings with Nicola (book slot)	Bio-well/holistic healing with Dilek (Book slot)			

*Bookings via website or instagram bio @awaken_london

Café open

Tuesday to Saturday

9am to 3pm

The logo for 'AWAKEN' features a stylized 'A' with a circle inside it, followed by the word 'AWAKEN' in a serif font.