



“NATURE PLAY”

Specialist in holistic programs offers “Nature Play”.

“Exploring the great outdoors, connecting with nature, and making memories. Smiles, laughter and discoveries,” says Silvia Modrego.

Activities in calming environment offer play and learn skills including social; emotional; gross and fine motor.

Suitable for all ages from walkers to eight years old.

Parents are welcome to join.

Spaniard is Cosmic Kids yoga teacher certified and a kindergarten teacher.

For information, contact:

Aloha Happy Kids on 9981 7274



“FOREST” SCHOOL

Specialist offers “Forest School” program.

“To foster a deep connection with nature while supporting the overall development of children,” says the specialist.

Child-led approach, combined with gentle parenting practices, offering outdoor nurturing space to explore, learn and grow.

Promotes values such as attachment, authenticity and uniqueness.

Events aim to connect back with nature and themselves.

Various dates and locations.

For information, contact:

Living Mindful Community on 7718 8930



“FIRELIGHT”

Organizer announces inaugural “Firelight” song circles event in Malta.

“Sitting around a fire, connecting with friends. Put you in touch with your authentic voice using vocal warm-ups, creative flows, chants,” says Alexandra Cachia.

Gather in nature around a fire with singing, stories and prayers shared, along with Chai and vegan meal from local produce.

Next event starts 5pm 19th October.

For information, contact:

Thrive Education and Wellness Farm on 9922 1677



“SOUND”

Specialist in “Sound” therapy is available.

“Finding that time to zone out or in is important to our health. Sound is an easy and passive way to reach this space within,” says Edward Hamilton.

Sessions explore and experience deeper levels of sound, vibration and creativity.

Available for groups, couples or individual journey.

Indoor and outdoor sessions held at various dates and locations.

For information, contact:

Sound Clinic @TheSoundClinicMalta



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“WOOD” THERAPY

Aesthetics centre specialises in “Wood” therapy.

“Efficient way of contouring the body without harming the skin or tissue. Helps fight cellulite on the body,” says Ingrid Maldonado.

Technique employs repetitive movements using different wooden instruments to manipulate targeted areas.

Loosens tight muscles, eliminating toxins naturally from the body.

Now open at Fort Fitness in Sliema.

Reminder to check the opening hours.

For information, contact:

So Guapa on 9968 4608



“SATTVA”

Wellness brand specialist “Sattva” now exclusively online.

“Tastes best when eaten straight from the jar, but it is also suitable as an addition to sandwiches, pancakes, smoothies, porridge,” says a rep.

Ketogenic diet organic nut creams include almonds; sunflower seeds and pumpkin seeds.

Made by Diet-Food.

Specialising in artisan organic foods stocked brands include Sun Warrior; Pensa Bio; Helsinki Mills; Fits supplements and Sattva superfoods.

Online shopping site is based in Malta.

For information, contact:

Sattva on 9991 2079