

Lis Martinac

My Abundant Love -Workshop Facilitator, Singer/Songwriter & Kirtanist



Bio:

Artist Bio:

A conscious singer song writer, kirtanist, self-love & singing workshop facilitator. Lis's live performance of heart opening musical medicine blends conscious lyrics and intention delivering a sound that lifts you gently into the clouds. Lis drops into her heart space on stage, producing a raw, authentic & emotion soaked performance.

Singing Mantra Video Link:

<https://www.myabundantlove.com/singing-mantra-s>

Workshop Facilitator Bio:

Lis is passionate about inspiring healthy wholesome living through food and nutrition, yoga, meditation, communing with nature & kirtan/singing mantra – the essential ingredients of self-love. Her own journey has inspired her to share self-loving practices through facilitating a variety of workshops at retreats, festivals, events, private & corporate functions. She is also a kirtanist – singing mantras being her favorite self-loving practice, leading weekly kirtan/community singing, and also sings at events worldwide with a variety of conscious musicians.

She simply wants us all to recognize that the love we seek externally, already resides within

each of us. And with heart opening practices, we can learn to access this love in every moment. By embracing self-loving practices we learn to step into our power. We make better choices, and let go of things in our lives that no longer serve us. When we connect to our own inner source of love, magic unfolds.

Our self-loving journeys are beautiful, they aren't hard work - they simply require a commitment to ourselves. What begins as a practice transforms into a lifestyle.

Recent & Upcoming Workshops/Events:

<https://www.facebook.com/pg/myabundantlove/events/>

Abundant Love Workshops on Offer:

1. Empowerment of Self-Love:

This workshop is suitable for absolutely everyone and the most popular at festivals. We begin and end each workshop with a heart opening blend of powerful tools including singing mantra, guided relaxation & pranayama breathing. These are all expressions of self-love, and healing medicine for the heart.

While sharing my self-love journey, I will share the many techniques that we can use in a daily practice to inspire transformation. This will include some self-loving exercises and some thought provoking discussions. It is my intention that everyone will take from this the tools needed to fall deeply in love with themselves.

Following the workshop, each person will be emailed a detailed list of self-loving practices and notes from the workshop to inspire and guide self-loving practices that can be done at home.

2. Divine Feminine Love or Fear Full Expressive Workshop:

Love or Fear....this is our topic of discussion for this self-loving workshop. In every moment we have two choices - to come from a place of love, or from a place of fear. When we let love direct us instead of fear, we find ourselves doing things we never thought we'd be doing, capable of things we never thought we were capable of doing and creating all kinds of effortless magic...this is what loving yourself unconditionally will do.

The practice of self-love creates space for love, forgiveness, compassion, peace and healing. Essential ingredients for a joyful existence. Together during this workshop we share in a self-loving practice, and I offer some self-loving practices and simple tools to take home to help transform every area of our lives.

We then open up our hearts and share anything we would like to. This is a safe space, there is no judgement, no expectations, only love and support. Anything expressed does not leave the space - with full self-expression, it helps participants to let go and heal. We don't all need to share - just being in the room and holding space as support for those who need it is really

special. It is really moving to realise, that we are not alone in our struggles at different times on our journeys. Just listening can be as healing as speaking. This is a really heart opening experience with no expectations of the participants.

3. Singing Goddess Workshop:

Singing Goddess Workshop... The human voice is one of our finest tools to express the heart and soul and to heal the body and spirit. Free your voice and immerse yourself in the healing power of self-expression in this singing workshop created especially for my divine sisters. Everyone can sing! And when we join together with a sweet melody, magic unfolds. In a practice of mindfulness and self-loving expression we gently explore our voices in this heart opening workshop. Embrace your divine feminine power and connect with our sisters in harmony throughout this beautiful practice.

Allow yourself to reclaim a loving relationship with singing and your voice. All levels of experience welcome. Connect with your voice in a loving safe space free from judgement. We will simply be joyously exploring our voices together.

4. Divine Mamma's Workshop:

I know how essential it is to feel supported on this journey of being a mamma - not just by others, but by ourselves too.

Self-love is essential in our every-day lives, and when we are pregnant or have wee ones, there is no time more important to immerse ourselves in simple self-loving practices. Through self-love we become stronger, more patient and compassionate, and simply more joyful. It overflows out from our own lives uplifting not only ourselves, but those around us too.

As in all my workshops, we begin and end each workshop with a heart opening blend of powerful tools including singing mantra, guided relaxation & pranayama breathing. These are all expressions of self-love, and healing medicine for the heart, and babes love it - regardless of whether they are on the inside or out! It creates a beautiful energy and peaceful vibration of which they are all so sensitive to.

While sharing my self-love journey, I share the many techniques that we can use in a daily practice to inspire transformation. This will include some self-loving exercises and some thought provoking discussions. It is my intention that everyone will take from this the tools needed to fall deeply in love with themselves.

5. Kirtan/Singing Mantra Workshop:

Music is medicine. Singing mantras take us on a heart opening & healing journey through self-expression and connecting deeply with ourselves. When we sing mantras, we sing them mindfully. We become present, connected and grounded, our minds quieten and our hearts naturally expand, receiving the healing energy that transends from singing these ancient powerful mantras together.

Contact Details & Website Links:

Website: <https://www.myabundantlove.com/>
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Media From Recent Festivals:



My Abundant Love Workshop @ International Yoga Festival 2017



Closing Ceremony With Sacred Earth @ International Yoga Festival 2017



Kirtan/Singing Mantra @ Luminate Festival 2017



Kirtan/Singing Mantra @ Bali Spirit Festival 2017



Kirtan/Singing Mantra @ Bali Spirit Festival 2017



Opening the stage for Nahko & MFTB with Franko Heke April 2017



Dave Stringer NZ Tour 2016 - Performed Kirtans with Dave (also in 2015)

