

Mastering the Subtle Art of Self Love

Hourglass Inspiration launches 'Celebrate Love' to great success



London, Feb 28, 2019 (Issuewire.com) - Unconditional love is something everyone covets yet most people seldom experience genuine unconditional love from another, or better yet for themselves.

Realizing the importance of self-love in cultivating one's own happiness, HOURGLASS, a community of inspirational women, this month hosted a SOLD-OUT event, called Celebrate LOVE, where women of influence came together to discuss the topic of LOVE as it relates to success in life and in business.

Inspired by the organization's mantra to "*be free to become the person you are meant to become*" HOURGLASS Founder, Lyndsay King encourages women to focus their mindset and choose the life they want, by being happy now, on the journey, through taking control over life's purpose.

"Celebrating love for oneself is a major theme and topic in people's lives today, and is not often given the attention or deliberation it deserves.", said Lyndsay King.

The event was held at Opium Lounge in Chinatown, which also coincided with the year of the pig celebration, a year meant to bring good fortune and wealth. The event panel of experts featured former finance broker turned successful entrepreneur and Founder of Empress MiMi Lingerie, Galyna Nitsetska, who's appeared in *Forbes*, *Tatler* and has featured on the *Steve Harvey Show*, to Priestess

of the Divine Feminine, Shakti Sundari; Sex & Relationships Therapist Joyce Oladipo; and Spiritual Consultant, Masculine & Feminine + ENERGY expert, Urtema Dolphin; to Moni Rodriguez the Award Winning Author and Women's Leadership Mentor; the day centred around finding balance, being true to yourself, and loving the life you are living now. To end the day, Mindfulness Coach Nina Samuel-Camps hosted a bespoke meditation to dispel fear and welcome in more self love.

About Hourglass: Hourglass is a community for smart, influential, business-oriented, and entrepreneurial women gathered round to meet and share in a relaxed and secure environment founded by Lyndsay King in 2010 when she was busy building her communications career and consulting business. Since then, Hourglass has grown exponentially with multiple popular events held annually to great success. For more information, please visit: <https://joinhourglass.com/>

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