



Ana Min?

From who you were taught to be,
to who you are.



**A 2.5 Day Workshop by The Inner Space
November 13-15, 2026 – Beirut**

At some point, you start wondering how much of who you are is actually you.

You know yourself through so many things.

What you do. What people expect from you. The roles you carry. The way you learned to behave. The person you needed to become at different stages of your life.

The responsible one. The strong one. The understanding one. The mother. The daughter. The partner. The achiever. The one who keeps things together.

And none of these roles are necessarily wrong.

But when you've lived inside them for long enough, it can become difficult to tell where the role ends and you begin.

You may have already done a lot of work on yourself. You may understand your patterns, know where some of them come from, and have language for what you feel.

Yet understanding something and living differently are not always the same thing.

Ana Min is an invitation to go one step further.

Not to become someone new. But to begin separating what you learned to be from who you are underneath it.



You may recognise yourself in some of these.

I know the roles I play very well, but I'm not always sure who I am outside of them.

I understand many of my patterns, yet I still find myself reacting from them.

I spend a lot of time thinking about what others said, did, meant or should have done.

There are things I believe about myself that I have carried for so long, I no longer question whether they are true.

I can listen to everyone around me, but I don't always know how to truly listen to myself.

There are judgments I still carry, towards myself, towards someone else, or towards something that happened.

I've done therapy, workshops, courses, reading or personal work, but I know there are places in me I haven't fully reached yet.

I'm functioning. I'm managing. I'm living my life.

But somewhere underneath all of it, I keep coming back to the same question:

Ana Min?



This isn't a workshop where you sit and learn about yourself for two and a half days.

Ana Min is experiential.

You will learn, but you will also practice. You will listen. Share. Observe. Reflect. Question. Work with real situations from your own life and begin noticing how your beliefs, interpretations, reactions and judgments shape the way you experience yourself and the people around you.

The work is grounded in Spiritual Psychology and in one central distinction: there is the life you are living, with everything it asks of you. And there is the part of you experiencing that life.

Psychology comes from psyche meaning the soul, and logos meaning knowledge. Over time, the focus shifted mainly to the mind and behavior. Spiritual Psychology brings the soul back into the work.

Over two and a half days, we move through seven stages that gradually help you see the difference. Not by giving you an answer to Who am I? But by helping you recognise what you are not, the role, the reaction, the belief, the judgment, so that something deeper has room to become visible.



What we move through together.

Beyond the Roles

01 *Who have I learned to be?*

We begin by looking at the roles, identities and expectations you have learned to carry, while introducing the Spiritual Psychology perspective of the deeper, loving essence that exists beyond them.

Learning to Listen

02 *What happens when I stop preparing my response and actually listen?*

You begin practicing a different kind of listening: being present without fixing, advising or preparing what to say next. Listening deeply to another person also begins changing the way you hear yourself.

Seeing Clearly

03 *What if what I see is shaped by how I learned to see?*

We explore how family, culture, relationships and experience shape our perceptions, and how recognising different perspectives can help us see with greater clarity.

The Choice Is Yours

04 *What changes when I recognise that I have a choice?*

Responsibility means recognising where your power lies and choosing a more conscious response instead of reacting automatically.

Questioning What You Believe

05 *What if some of what you believe about yourself was never actually yours?*

We begin identifying the beliefs you have inherited or built through family, culture, relationships and experience, and questioning whether they still belong in the life you are choosing today.

Releasing the Judgment

06 *What are you still holding against yourself or someone else?*

Through the Spiritual Psychology practice of compassionate self-forgiveness, we work with the judgments you continue to carry. Not to erase what happened, but to begin releasing what no longer needs to live inside you.

Ana Min

07 *Who am I beyond what I inherited and what I learned to become?*

We return to the question we began with: who am I? Knowing who you are is where you begin deciding which cycles continue, and which ones end here.

Held by people who know this work.



Nour Fayad

**SPIRITUAL THERAPIST
FOUNDER, THE INNER SPACE**

Nour has been practicing for the past 10 years and has worked with many people through therapy, workshops, retreats, and personal development work. She holds a Master's in Spiritual Psychology, a Diploma in Psycho-Spiritual Psychotherapy, and a Diploma in Spiritual Counseling. Her work focuses on parental healing, inherited patterns, awareness and personal responsibility, helping people reconnect with who they are and heal what was passed down to them so they do not continue passing it on to the next generation.



Dr. Maysar Sarieddine

CLINICAL EXPERTISE CONTRIBUTOR

Dr. Maysar has been practicing for the past 12 years and has worked with hundreds of people across therapy, personal growth and community-based work. He holds a doctorate in Community Psychology and is also trained in RTT. His work focuses on emotional wellbeing, relationships and personal growth, with particular attention to how our experiences, relationships and environments shape the way we relate to ourselves and to others.

Small, intentional and held closely.

At The Inner Space, Beirut. Held to a maximum of 15 participants.

FRIDAY

Full day

9:00 am - 6:30pm

SATURDAY

Full day

9:00 am - 6:30pm

SUNDAY

Half day

9:00 am - 2:30pm

Workshop language
Mainly in **English**.

Meals included
Friday & Saturday: lunch + two coffee breaks.
Sunday: One coffee break.

The size of the group is intentional. This work asks for enough space for every person to participate, be heard, practice and process without getting lost inside a large room.

The workshop is designed as one continuous journey.
Each stage builds on what came before it.

TESTIMONIALS

Farah Doumani

“I have done many workshops and a lot of inner work, but nothing activated my heart like this workshop. I experienced love through giving, receiving and witnessing it. A real game changer.”

Teif Al Hasso

“If you are reading this, something inside you is already calling. Follow it. Give yourself the chance to go through this self-discovery journey. You may not get everything at once, but if you gain the key and the clarity, you begin to see differently. Thank you, Nour and Dr. Maysar, for a beautiful journey.”

Ana Min may be for you if

YOU ARE READY IF

You are curious about who you are beyond the roles you have learned to play

You have already done some inner work and feel ready to experience it more practically

You notice patterns in the way you think, react or relate and want to understand them differently

You are willing to look at yourself with honesty without turning that honesty into self-judgment

You want tools you can continue using in your relationships and everyday life

You are comfortable participating in structured group exercises and sharing at your own level of readiness

You can commit to the full two-and-a-half-day experience

THIS MAY NOT BE FOR YOU IF

You are looking for a quick technique or a motivational weekend

You want someone else to give you the answer to who you are or what you should do

You are not open to examining your own beliefs, interpretations and reactions

You can only attend part of the workshop

You are currently experiencing an acute psychological or psychiatric crisis that requires clinical support beyond the scope of this workshop



The work begins with how you choose to show up for it.



PAYMENT

The full investment is paid upfront. Your place is confirmed once payment is completed.

ATTENDANCE

The workshop is designed as one continuous process. Each stage builds on the one before it, so full attendance across the entire two-and-a-half-day workshop is required.

CONFIDENTIALITY

What is shared in the workshop stays in the workshop. Participants may speak about their own experience afterwards, but not share or identify another participant's story. No audio or video recording is permitted during workshop exercises. Photos will only be taken with participant consent.

REFUND & TRANSFER POLICY

Workshop payments are non-refundable.

If you cancel at least 48 hours before the workshop, you may either transfer your place to someone else or keep the full amount as credit toward another Inner Space workshop within 12 months.

Cancellations made less than 48 hours before the workshop are non-refundable and non-transferable.

If The Inner Space cancels the workshop, a full refund will be issued.

INVESTMENT

Two and a half days.
Fifteen participants.

EARLY BIRD INVESTMENT

Until November 2nd, 2026

\$975

STANDARD INVESTMENT

As of November 3rd, 2026

\$1,175

THE NEXT STEP

*Ana Min begins when you are willing
to ask the question honestly.*

You do not need to already know the answer.
You only need to be willing to ask:

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*If this feels like the right space for you, reach out.
We'll begin with a conversation.*

THE INNER SPACE

Helping you reconnect with who you are.

Ana Min • November 13–15, 2026

TO RESERVE YOUR PLACE OR LEARN MORE:



+961 81 904 934



info@theinnerspace.me