



RAJESH SINGH
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HIFZA JILLANI
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Grapho-Diagnostics &
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GURBANI KAUR
Anxiety, Depression & Clinical
Issue Expert, Psychologist
& Hypnotherapist



ZINNIA H BHARUCHA
Holistic Psychologist &
Relationship Counselor

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>WOMEN'S WELLNESS WEDNESDAYS 1 DEC</p> <p>Sun Moon Energy Alignment Meditation with Hifza Jillani 5pm - 6pm FREE (Limited to 15 Seats)</p>	<p>ONSITE WORKSHOP 2 DEC</p> <p>How to Overcome Anxiety, Stress & Depression with Zinnia H. Barrucha 6:30pm - 8:00pm AED 100/- (Limited to 10 Seats)</p> <p>FREE WEBINAR 2 DEC</p> <p>Hypnotherapy Foundation Course - Recharge your Personal Energy Field by Cord Cutting & Breaking Negative Thoughts Patterns through Hypnotherapy with Dr. Bassam Saab 7pm - 8pm FREE</p>	<p>ONSITE TRAINING 3 DEC</p> <p>Basic Tarot Metaphor Card Reading with Zinnia H Bharucha December 3rd - 4th 10am-6pm AED 1250/- (Limited to 7 Seats)</p> <p>ONSITE SEMINAR! 3 DEC</p> <p>Coping and Dealing with Grief with Umar Khan 7pm - 8pm FREE (Limited to 7 Seats)</p>
<p>ONSITE MEDITATION 4 DEC</p> <p>New Moon Meditation: Aligning with Future for Year 2022 through Manifestation Crystal Grid with Gurbani Kaur 7pm - 8pm FREE (Limited to 10 Seats)</p>	<p>FREE WEBINAR 5 DEC</p> <p>Beating Phobia using NLP Techniques with Umar Khan 5pm - 6pm FREE (Limited to 7 Seats)</p> <p>ONSITE MEDITATION 5 DEC</p> <p>تأمل داخل المركز حب الجسد وإحتواءه مع سميحة أبو صعب (Limited to 7 seats only) 7pm - 8pm FREE</p>	<p>ONSITE WORKSHOP 6 DEC</p> <p>Child Parent Relationship Workshop For Better Communication with Nishi Kaur 7pm - 8pm AED 150/- (Limited to 10 Seats)</p> <p>FREE ONSITE MEDITATION 6 DEC</p> <p>Candle Gazing Meditation: Increase Your Spiritual Power! with Hifza Jillani 7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 7 DEC</p> <p>Free Transformational Tuesday Workshops: Psychotherapy in Pranic Energy Healing: Clearing your Space of Negative and Unwanted Energies with Dr. Bassam Saab 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>FREE ONSITE SEMINAR 7 DEC</p> <p>Raise Your Consciousness with Spiritual Response Therapy with Umar Khan 7pm - 8pm FREE (Limited to 7 seats only)</p>	<p>WOMEN'S WELLNESS WEDNESDAYS 8 DEC</p> <p>Understanding Twin Flames, & Soul Mates with Nishi Kaur 5pm - 6pm FREE (Limited to 15 Seats)</p>	<p>ONSITE WORKSHOP 9 DEC</p> <p>Healing Toxic Relationships and Establishing Healthy Boundaries with Zinnia H. Barrucha 6:30pm - 8:00pm AED 150/- (Limited to 10 Seats)</p>	<p>ONSITE TRAINING 10 DEC</p> <p>Hypnotherapy Level 2 with Rajesh Singh Dec 10th-12th 9am - 6pm Dec 13th-14th 4pm - 9pm AED 3630/-</p> <p>ONSITE SEMINAR! 10 DEC</p> <p>Overcome Anxiety & Panic Attack through NLP Techniques with 15-minute Experiential Session with Umar Khan 7:00pm - 8:30pm FREE (Limited to 7 Seats)</p>
<p>ONSITE/ONLINE MEDITATION 11 DEC</p> <p>Cutting Negative Cords with Loved Ones with Hifza Jillani 7pm - 8pm AED 80/- (Limited to 7 Seats)</p>	<p>FREE WEBINAR 12 DEC</p> <p>ندوة مجانية! تعلم أن تقول لا في الوقت والطريقة المناسبة مع فرح حمدان 7pm - 8pm FREE (Limited to 7 Seats)</p>	<p>FREE ONSITE MEDITATION 13 DEC</p> <p>Yin Moving Meditation for Flow, Harmony & Wholeness with Gurbani Kaur 7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 14 DEC</p> <p>Free Transformational Tuesday Workshops: How to Tap Into Your Intuition Through Theta Healing with Farah Hamdan 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>ONSITE/ONLINE MEDITATION 14 DEC</p> <p>Trance Tuesday Meditation: Activating your Energetic Field with Hifza Jillani 7pm - 8pm AED 80/- (Limited to 7 seats only)</p>	<p>WOMEN'S WELLNESS WEDNESDAYS 15 DEC</p> <p>Inner Child Meditation for Healing from Toxic Family Members with Zinnia H. Barrucha 5pm - 6pm FREE (Limited to 15 Seats)</p>	<p>ONSITE WORKSHOP 16 DEC</p> <p>Childhood Trauma & Parental Issues with Zinnia H. Barrucha 6:30pm - 8:00pm AED 100/- (Limited to 10 Seats)</p>	<p>ONSITE TRAINING 17 DEC</p> <p>Advanced Tarot Metaphor Card Reading with Zinnia H Bharucha December 17th -18th 10am-6pm AED 1450/- (Limited to 7 Seats)</p> <p>ONSITE TRAINING 17 DEC</p> <p>Hypnotherapy Foundation Course with Dr. Bassam Saab December 17th 4pm - 8pm AED 150/- (Limited to 7 Seats)</p>

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ONSITE/ONLINE MEDITATION 18 DEC</p> <p>Kundalini Full Moon Ritual: Spiritual Awakening with Hifza Jillani 6:30pm - 8:30pm AED 150/- (Limited to 7 seats only)</p>	<p>ONSITE MEDITATION 19 DEC</p> <p>Full Moon Meditation: Emotional & Spiritual Growth Review for the year 2021 with Crystal Grid with Gurbani Kaur 7pm - 8pm AED 150/- (Limited to 7 seats only)</p> <p>ONSITE WORKSHOP 19 DEC</p> <p>The Power of Language in Achieving Excellence through NLP with Umar Khan 10am - 2pm AED 400/- (Limited to 7 seats only)</p>	<p>FREE ONSITE MEDITATION 20 DEC</p> <p>Awakening to Your Sixth Sense Meditation with Nishi Kaur 7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 21 DEC</p> <p>Free Transformational Tuesday Workshops: How to Break the Constant Cycle of Procrastination with Zinnia H. Barrucha 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>ONSITE/ONLINE MEDITATION 21 DEC</p> <p>with Rajesh Singh 7pm - 8pm AED 80/- (Limited to 10 seats only)</p>	<p>WOMEN'S WELLNESS WEDNESDAYS 22 DEC</p> <p>Sensual Enlightenment: The Art of Sacred Feminine Blossoming Meditation with Gurbani Kaur 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>ONSITE SEMINAR 22 DEC</p> <p>ندوة مجانية داخل المركز كيف أحيا بسحر الإمتنان مع سميحة أبو صعب 7pm - 8pm FREE (Limited to 7 Seats)</p>	<p>ONSITE WORKSHOP 23 DEC</p> <p>Releasing Menstrual and Sexual Energy Blocks from the Body with Zinnia H. Barrucha 6:30pm - 8:00pm AED 150/- (Limited to 10 seats only)</p> <p>ONSITE MEDITATION 23 DEC</p> <p>Letting Go of Negative and Heavy Emotions with Nishi Kaur 7pm - 8pm AED 100/- (Limited to 7 seats only)</p>	<p>24 DEC</p> 
<p>25 DEC</p> 	<p>ONSITE SEMINAR 26 DEC</p> <p>Introduction to Pranic Energy Healing: PPT Presentation on Pranic Energy Healing, Sources of Prana followed by Meditation with Dr. Bassam Saab 5pm - 6pm FREE (Limited to 7 seats only)</p>	<p>FREE ONSITE MEDITATION 27 DEC</p> <p>Inner Child Healing for Self Sabotage with Zinnia H. Barrucha 7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 28 DEC</p> <p>Free Transformational Tuesday Workshops: Learn and Practice the Holistic Approach to Overcome Stress, Chronic Fatigue and Burnout in our Daily Lives with Umar Khan 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>ONSITE/ONLINE MEDITATION 28 DEC</p> <p>Unblocking Root Chakra Meditation with Affirmations with Nishi Kaur 7pm - 8pm AED 100/- (Limited to 10 seats only)</p>	<p>WOMEN'S WELLNESS WEDNESDAYS 29 DEC</p> <p>Light Body Activation & Cosmic Consciousness Meditation with Hifza Jillani 5pm - 6pm FREE (Limited to 15 Seats)</p> <p>ONSITE WORKSHOP 29 DEC</p> <p>Understanding Anxiety & Depression through Clinical Application of Hypnotherapy as Alternative Drugless Complementary Approach with Gurbani Kaur 7:00pm - 8:30pm AED 100/- (Limited to 10 seats only)</p>	<p>FREE WEBINAR 30 DEC</p> <p>ندوة مجانية على الانترنت! التعامل مع الأنا 6pm - 7pm FREE</p> <p>ONSITE WORKSHOP 30 DEC</p> <p>Learning to Communicate & Express the Right Way- Personally & Professionally with Zinnia H. Barrucha 6:30pm - 8:00pm AED 100/- (Limited to 10 seats only)</p>	<p>31 DEC</p> 

WE TRUST YOU ARE STAYING SAFE & TAKING ALL PRECAUTIONARY MEASURES DURING THESE CHALLENGING TIMES.

In our efforts to support the community we are keeping many meditations & Seminars FREE!!

*Online Payment is available through our Website or Pay Tabs link.

*For Paid events, Online Link will be sent via email or WhatsApp 15 minutes before class. (*T & C Apply)

We would request your support on this. #staysafe



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