



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 JAN</p>	<p>ONSITE MEDITATION 2 JAN</p> <p>Setting Your Intention for a Successful New Year & New Beginning Meditation with Gurbani Kaur</p> <p>7pm - 8pm AED 150/- (Limited to 7 Seats)</p>	<p>FREE ONSITE MEDITATION 3 JAN</p> <p>Setting Healthy Boundaries and Healing Your Inner Child Meditation with Zinnia H. Barrucha</p> <p>5pm - 6pm FREE (Limited to 15 Seats)</p>	<p>ONSITE WORKSHOP 4 JAN</p> <p>Transformational Tuesday Workshops: Welcome 2022! Release your Karmic Patterns of 2021 and Past with Rajesh Singh</p> <p>6pm - 7pm FREE (Limited to 15 Seats)</p>	<p>ONSITE MEDITATION 5 JAN</p> <p>Women's Wellness Meditation: Heal A Broken Heart Meditation with Hifza Jillani</p> <p>7pm - 8pm FREE (Limited to 15 Seats)</p>	<p>6 JAN</p>	<p>ONSITE WORKSHOP 7 JAN</p> <p>Ancestral Healing with Clinical Hypnotherapy with Gurbani Kaur</p> <p>7pm - 8pm AED 150/- (Limited to 7 Seats)</p>
<p>ONSITE TRAINING 8 JAN</p> <p>USUI Reiki Training Level 2 - Practitioner's Course with Hifza Jillani</p> <p>January 8th-9th 10am-6pm AED 1199/- (Limited to 7 Seats)</p>	<p>GUIDED MEDITATION 9 JAN</p> <p>Mastering Your Inner Calm and Healing Your Negative Self Talk with Hifza Jillani</p> <p>7pm - 8pm AED 80/- (Limited to 10 Seats)</p>	<p>ONSITE MEDITATION 10 JAN</p> <p>Energizing Your Inner Flame Meditation with Crystal Grid with Gurbani Kaur</p> <p>7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 11 JAN</p> <p>Free Transformational Tuesday Workshops: Spiritual Healing Circle for Self-Healing and Personal Growth Workshop with Dr. Bassam Saab</p> <p>6pm - 7pm FREE (Limited to 15 Seats)</p>	<p>ONSITE MEDITATION 12 JAN</p> <p>Women's Wellness Meditation: Connecting to Higher Self Meditation with Hifza Jillani</p> <p>7pm - 8pm FREE (Limited to 15 Seats)</p>	<p>ONSITE SEMINAR 13 JAN</p> <p>Heal Your Relationship Blocks with Ruchika</p> <p>7pm - 8pm FREE (Limited to 10 seats only)</p>	<p>ONSITE MEDITATION 14 JAN</p> <p>التأمل داخل المركز! تأمل حب الجسد وإحتواءه مع سميحة أبو صعب</p> <p>7pm - 8pm FREE (Limited to 7 Seats)</p>
<p>ONSITE WORKSHOP 8 JAN</p> <p>Family Constellation Workshop with Rajesh Singh</p> <p>10am - 6pm AED 700/- (Limited to 8 Seats)</p>					<p>ONSITE MEDITATION 13 JAN</p> <p>Chakra Balancing, Cleansing and Healing Meditation with Nishi Kaur</p> <p>7pm - 8pm AED 120/- (Limited to 7 Seats)</p>	
<p>ONSITE TRAINING 15 JAN</p> <p>Pranic Energy Healing Training Level 1 with Dr. Bassam Saab</p> <p>January 15th-16th 10am-6pm AED 1499/- (Early Bird Discount - AED 1129/-) (Limited to 7 Seats)</p>	<p>ONSITE MEDITATION 16 JAN</p> <p>Detach from Attachments Meditation with Hifza Jillani</p> <p>7pm - 8pm AED 80/- (Limited to 10 seats only)</p>	<p>ONSITE MEDITATION 17 JAN</p> <p>Kundalini Full Moon Ritual: Spiritual Awakening with Hifza Jillani</p> <p>6pm - 8pm AED 150/- (Limited to 7 seats only)</p>	<p>ONSITE WORKSHOP 18 JAN</p> <p>Transformational Tuesday Workshops! Family Constellation Q&A with Ruchika</p> <p>6pm - 7pm FREE (Limited to 15 Seats)</p>	<p>ONSITE MEDITATION 19 JAN</p> <p>Women's Wellness Meditation: Magnified Self Healing with Tibetan Singing Bowl with Nishi Kaur</p> <p>7pm - 8pm FREE (Limited to 15 Seats)</p>	<p>ONSITE SEMINAR 20 JAN</p> <p>Releasing of Toxic Beliefs through NLP with Umar Khan</p> <p>7pm - 8pm FREE (Limited to 10 seats only)</p>	<p>ONSITE SEMINAR 21 JAN</p> <p>الدكتور وائل الهندي بمحاضرة في المركز بأبوظبي بعنوان حرر نفسك من الخوف</p> <p>7pm - 8pm FREE (Limited to 7 Seats)</p>
<p>ONSITE WEBINAR 15 JAN</p> <p>Eye Opening Seminar: Get to Know Yourself and Your Circle with Farah Hamdan</p> <p>7pm - 8pm FREE (Limited to 10 seats only)</p>		<p>ONSITE MEDITATION 17 JAN</p> <p>Forgiveness & Gratitude with Tibetan Sound Meditation with Nishi Kaur</p> <p>7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE MEDITATION 18 JAN</p> <p>Full Moon Meditation: New Year! New You! with Crystal Grid with Gurbani Kaur</p> <p>7pm - 8pm AED 150/- (Limited to 7 seats only)</p>		<p>ONSITE MEDITATION 20 JAN</p> <p>Guided Meditation for Reflecting back on your entire life to be in Peace & Harmony with Nishi Kaur</p> <p>7pm - 8pm AED 120/- (Limited to 7 Seats)</p>	

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<p>ONSITE TRAINING 22 JAN</p> <p>USUI Reiki Training Level 1 - Beginner's Course with Hifza Jillani 10am-6pm AED 999/-</p> <p>ONSITE WORKSHOP 22 JAN</p> <p>Family Constellation Workshop with Ruchika 10am - 6pm AED 600/- (Limited to 10 seats only)</p>	<p>ONSITE WORKSHOP 23 JAN</p> <p>Enhance Your Memory through Brain Power Workout with Dr. Bassam Saab 7pm - 8pm AED 150/- (Limited to 10 seats only)</p>	<p>ONSITE MEDITATION 24 JAN</p> <p>Eliminating Toxic & Limiting Emotions Meditation with Hifza Jillani 7pm - 8pm FREE (Limited to 15 seats only)</p>	<p>ONSITE WORKSHOP 25 JAN</p> <p>Transformational Tuesday Workshops! Healing Relationships & Reclaiming Your Lost Love through Thetahealing with Farah Hamdan 6pm - 7pm FREE (Limited to 15 Seats)</p>	<p>ONSITE MEDITATION 26 JAN</p> <p>Women's Wellness Meditation: Anger Release and Forgiveness Meditation with Gurbani Kaur 7pm - 8pm FREE (Limited to 15 Seats)</p>	<p>ONSITE WORKSHOP 27 JAN</p> <p>Mood Management: Learn Startegies on How to Deal with Mood Swings with Dr. Bassam Saab 5pm - 8pm AED 200/- (Limited to 10 seats only)</p>	<p>ONSITE SEMINAR 28 JAN</p> <p>ندوة مجانية كيف أحيا بسحر الإمتنان مع سميحة أبوصعب 7pm - 8pm FREE (Limited to 10 seats only)</p>
<p>ONSITE TRAINING 29 JAN</p> <p>Hynotherapy Level 1 with Rajesh Singh January 29th-30th 10am-6pm AED 1530/- (Limited to 7 seats only)</p> <p>ONSITE MEDITATION 29 JAN</p> <p>Unblocking Heart Chakra Meditation with Affirmations with Nishi Kaur 7pm - 8pm AED 100/- (Limited to 7 seats only)</p>	<p>ONSITE WORKSHOP 30 JAN</p> <p>Empowering & Transforming your Relationship through NLP with Umar Khan 6pm - 8pm AED 200/- (Limited to 7 seats only)</p>	<p>ONSITE SEMINAR 31 JAN</p> <p>ندوة مجانية على الانترنت! التعامل مع الأنا 6pm - 7pm FREE</p> <p>ONSITE MEDITATION 31 JAN</p> <p>New Moon Numerology Meditation: Activate What Your Desire through Numbers with Ruchika C. 7pm - 8pm FREE (Limited to 15 seats only)</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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