



RAJESH SINGH
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Anxiety, Depression & Clinical
Issue Expert, Psychologist
& Hypnotherapist



FARAH HAMDAN
ThetaHealing
Instructor

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
						<p>ONSITE TRAINING 1 OCT</p> <p>USUI Reiki Training Level 1 - Beginner's Course with Hifza Jillani 10am-6pm AED 999/-</p>
<p>FREE WEBINAR 2 OCT</p> <p>ندوة مجانية باللغة العربية على الانترنت! بسط حياتك تسعد ذاتك بطريقة المينماليزم مع سميحة أبو صعب 7pm-8pm FREE</p>	<p>FREE ONLINE BREATHWORK 3 OCT</p> <p>Release & Cleanse with Body Detox BreathWork with Gurbani Kaur 7pm-8pm FREE</p>	<p>FREE ONLINE MEDITATION 4 OCT</p> <p>Sound Healing Meditation for Self-Love & Self-Acceptance with Nishi Kaur 8pm-9pm FREE</p>	<p>FREE ONLINE MEDITATION 5 OCT</p> <p>Trance Tuesday Meditation for Self Confidence & Inner Power with Hifza Jillani 7pm-8pm FREE</p>	<p>ONSITE MOON BASED MEDITATION 6 OCT</p> <p>Invoke the Divine Feminine of the Seasonal Shift with Crystal Grid New Moon Meditation with Gurbani Kaur 7pm-8pm AED 150/- (Limited to 7 seats only)</p>	<p>ONSITE/ONLINE MEDITATION 7 OCT</p> <p>9 Forms of Divine Feminine in one-night Meditation with Nishi Kaur 8pm-9pm AED 120/- (Limited to 7 seats only)</p>	<p>8 OCT</p>
<p>ONSITE/ONLINE BREATHWORK 9 OCT</p> <p>Detox BreathWork - Organ Regeneration for Lower Body with Gurbani Kaur 7pm - 8pm AED 80/- (Limited to 7 Seats)</p>	<p>ONSITE /ONLINE SEMINAR 10 OCT</p> <p>Mental Health in an Unequal World with Dr. Bassam Saab 7pm-8pm FREE</p>	<p>11 OCT</p>	<p>ONSITE/ONLINE MEDITATION 12 OCT</p> <p>Trance Tuesday Meditation to Attract Love with Hifza Jillani 7pm-8pm AED 80/-</p>	<p>FREE WEBINAR 13 OCT</p> <p>Solve your Emotional Traumas thru ThetaHealing with Farah Hamdan 7pm-8pm FREE</p>	<p>14 OCT</p>	<p>ONSITE/ONLINE MEDITATION 15 OCT</p> <p>Dance in the Dark To Encounter & Embrace the Dark Within... with Nishi Kaur 8pm - 9pm AED 120/- (Limited to 7 seats only)</p>

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE WEBINAR 16 OCT</p> <p>Why Full Moon Kundalini Ritual is Key to Spiritual Awakening with Hifza Jillani 7pm-8pm FREE</p>	<p>ONSITE/ ONLINE BREATHWORK 17 OCT</p> <p>Detox BreathWork - Organ Regeneration for Back and Spine with Gurbani Kaur 7pm-8pm AED 80/- (Limited to 7 seats only)</p>	<p>FREE WEBINAR 18 OCT</p> <p>Detox Your Unhealthy Emotions Using NLP with Umar Khan 7pm-8pm FREE</p>	<p>ONSITE/ONLINE MEDITATION 19 OCT</p> <p>Trance Tuesday Meditation to Create Your Future with Hifza Jillani 7pm-8pm AED 80/-</p>	<p>ONSITE MOON BASED MEDITATION 20 OCT</p> <p>Multidimensional Cosmos Alignment Crystal Grid Full Moon Meditation with Gurbani Kaur 7pm - 8pm AED 150/- (Limited to 7 seats only)</p>	<p>ONLINE/ONSITE MOON BASED MEDITATION 21 OCT</p> <p>Kundalini Full Moon Ritual: Spiritual Awakening with Hifza Jillani 6pm - 8pm AED 150/- (Limited to 6 seats only)</p>	<p>ONSITE TRAINING 22 OCT</p> <p>دورة لايف كوتشنغ المستوى الأول مع منى هاسي October 22nd-23rd 12 noon-6pm AED 1600/- (Early Bird: AED 1300/-)</p> <p>ONSITE TRAINING! 22 OCT</p> <p>Hypnotherapy Level 4 with Rajesh Singh October 22nd-24th/29th-31st 10am-6pm AED 4390/-</p>
<p>ONSITE/ONLINE MEDITATION 23 OCT</p> <p>Nature Crystal Healing Meditation with Nishi Kaur 8pm-9pm AED 120/- (Limited to 7 seats only)</p>	<p>ONSITE/ONLINE BREATHWORK 24 OCT</p> <p>Detox BreathWork - Organ Regeneration for ENT areas with Gurbani Kaur 7pm-8pm AED 80/- (Limited to 7 seats only)</p>	<p>FREE WEBINAR 25 OCT</p> <p>NLP Techniques for Stress and Anger Management with Umar Khan 7pm-8pm FREE</p>	<p>ONSITE/ONLINE MEDITATION 26 OCT</p> <p>Trance Tuesday Meditation for Better Sleep with Hifza Jillani 7pm-8pm AED 80/- (Limited to 7 seats only)</p>	<p>ONSITE/ONLINE MEDITATION 27 OCT</p> <p>The higher self meditation with Mona Hassi لتأمل والوصول للذات العليا مع منى هاسي 7pm-8pm AED 80/- (Limited to 10 seats only)</p>	<p>ONSITE/ONLINE BREATHWORK 28 OCT</p> <p>Alchemy of Breath: Vow of Silence Retreat with Hifza Jillani 6pm-8pm AED 350/- (Limited to 7 seats only)</p>	<p>ONSITE TRAINING 29 OCT</p> <p>ThetaHealing Basic DNA with Farah Hamdan October 29th-30th 10am-6pm October 31st 6pm - 10pm AED 2200/-</p>
<p>ONSITE/ONLINE MEDITATION 30 OCT</p> <p>Alignment of Yin & Yang with Tibetan Sound Healing with Nishi Kaur 8pm-9pm AED 120/- (Limited to 7 seats only)</p>	<p>ONSITE/ ONLINE BREATHWORK 31 OCT</p> <p>Detox BreathWork - Organ Regeneration for Arms and Shoulders and Gut with Gurbani Kaur 7pm-8pm AED 80/- (Limited to 7 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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