



BHARTI JATTI VARMA
Singapore-Based Hypnotherapist
& Wellness Coach



ZINNIA H BHARUCHA
Holistic Psychologist and
Relationship Counselor



ARPITA MITRA GUPTA
Hypnotherapist and
Mind Science Specialist



IRINA KHANNA
Hypnotherapist and
Holistic Counsellor




MARIA LEONARD
Spiritual Coach, Intuitive
Speaker & Rebirthing
Breathwork Facilitator



NIYA ROY
Sound Healer,
Hypnotherapist
& Yoga Instructor



JANA REDDY
Sound Healer, Access Bars
Facilitator & Hypnotherapist

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|--|---|
| <p>1 JAN</p>  | <p>ONSITE MEDITATION 2 JAN</p> <p>New Year's Special – New Moon Manifestation Meditation with Tibetan Singing Bowls with Jana 7:30pm–8:30pm AED 150/-</p> | <p>FREE WEBINAR 3 JAN</p> <p>Tarot 2022 – Love, Money, Career & Family with Zinnia Bharucha 7pm–8pm FREE</p> | <p>FREE ONSITE WORKSHOP 4 JAN</p> <p>Setting your Intention for a Successful New Year and New Beginning with Janna Reddy 7pm–8pm (limited to 15 seats – RSVP)</p> <p>ONSITE MEDITATION 4 JAN</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm–8:30pm AED 80/-</p> | <p>FREE WEBINAR 5 JAN</p> <p>Learn the Art of Hypnosis & Manifest Your Dreams in 2022 using the Power of your Subconscious Mind with Arpita Mitra Gupta 7pm–8pm FREE</p> <p>ONSITE MEDITATION 5 JAN</p> <p>Island Paradise: Meditation for Rapid Relaxation with Sound and Gong with Janna 7:30pm–8:30pm AED 100/-</p> | <p>FREE ONSITE MEDITATION 6 JAN</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am–11am FREE (limited to 10 clients)</p> | <p>ONSITE MEDITATION 7 JAN</p> <p>with Jessica Canero 7:30pm–8:30pm AED 80/-</p> |
| <p>ONSITE TRAINING 8 JAN</p> <p>Basic Chakra Diagnosis & Attunement Training with Bharti Jatti Varma 10am–2pm AED 699/-</p> <p>ONSITE MEDITATION 8 JAN</p> <p>I Accept and Let Go Sound Healing Meditation with Jana Reddy 7:30pm–8:30pm AED 120/-</p> | <p>ONSITE TRAINING 9 JAN</p> <p>Advanced Chakra Diagnosis & Attunement Training with Bharti Jatti Varma 9am–2pm AED 799/-</p> | <p>FREE WEBINAR 10 JAN</p> <p>Introduction to Cognitive Behavioural Therapy (CBT) for Caring & Health Professionals, Hypnotherapists & Coaches with Dr. Leila Edwards 6:30pm–8:00pm FREE</p> | <p>FREE WEBINAR 11 JAN</p> <p>Release Negative Mindsets & Project A Positive Vision For 2022 With Dr. Doris Greenwood 5:00pm–6:00pm GST FREE</p> <p>ONSITE MEDITATION 11 JAN</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm–8:30pm AED 80/-</p> | <p>ONSITE MEDITATION 12 JAN</p> <p>Fantasy Island: Meditation for Calmness of Thought with Sound & Gong with Janna 7:30pm–8:30pm AED 100/-</p> | <p>FREE ONSITE MEDITATION 13 JAN</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am–11am (limited to 10 clients)</p> | <p>ONSITE MEDITATION 14 JAN</p> <p>with Jessica Canero 7:30pm–8:30pm AED 80/-</p> |
| <p>ONSITE WORKSHOP 15 JAN</p> <p>Family Constellations Workshop with Irina Khanna 10am–6pm AED 699/-</p> <p>ONSITE TRAINING 15 JAN</p> <p>Tarot Card Reading – Basic Course with Zinnia H Bharucha January 15th–16th 10am–6pm AED 1250/-</p> | <p>ONLINE SUPPORT GROUP 16 JAN</p> <p>Hypnotherapy Support Group (exclusive for Hypnotherapy students & graduates only) with Irina Khanna 7pm–8pm FREE</p> <p>ONSITE SEMINAR 16 JAN</p> <p>Ways to Create the Life you Desire through Access Consciousness with Jana Reddy 7pm–8pm (limited to 15 seats – RSVP)</p> | <p>ONSITE MEDITATION 17 JAN</p> <p>Full Moon – Healing your Inner Child Meditation with Zinnia Bharucha 7:30pm–8:30pm AED 150/-</p> | <p>ONLINE/ONSITE WORKSHOP 18 JAN</p> <p>3-day Breathwork Challenge Self Worth with Maria Leonard 7pm–8pm AED 150/-</p> <p>ONSITE MEDITATION 18 JAN</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm–8:30pm AED 80/-</p> | <p>ONLINE/ONSITE WORKSHOP 19 JAN</p> <p>3-day Breathwork Challenge – Self Appreciation with Maria Leonard 7pm–8pm AED 150/-</p> <p>ONSITE MEDITATION 19 JAN</p> <p>Country Meadow: Meditation for Rest and Tranquility with Sound and Gong with Janna Reddy 7:30pm–8:30pm AED 100/-</p> | <p>FREE ONSITE MEDITATION 20 JAN</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am–11am (limited to 10 clients)</p> <p>ONLINE/ONSITE WORKSHOP 20 JAN</p> <p>3-day Breathwork Challenge – Self Acceptance with Maria Leonard 7pm–8pm AED 150/-</p> | <p>ONSITE MEDITATION 21 JAN</p> <p>with Jessica Canero 7:30pm–8:30pm AED 80/-</p> |

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|--|---|
| <p>ONSITE TRAINING 15 JAN</p> <p>ThetaHealing Basic DNA with Handan January 15th-17th 10am-6pm AED 2200/-</p> <p>ONSITE MEDITATION 15 JAN</p> <p>Golden Light Sound Healing Meditation with Prem Amit 7:30pm-8:30pm AED 120/-</p> | <p>16 JAN</p> | <p>17 JAN</p> | <p>18 JAN</p> | <p>19 JAN</p> | <p>ONSITE MEDITATION 20 JAN</p> <p>Healing Relationships & Cutting Cords Meditation with Zinnia Bharucha 7:30pm-8:30pm AED 100/-</p> | <p>21 JAN</p> |
| <p>ONSITE TRAINING 22 JAN</p> <p>Tarot Card Reading – Advanced Course with Zinnia H Bharucha January 22nd-23rd AED 1450/- 10am-6pm</p> <p>ONSITE TRAINING 22 JAN</p> <p>Hypnotherapy Level 4 with Irina Khanna January 22nd-24th / 29th-31st 10am-6pm AED 4390/-</p> <p>ONSITE MEDITATION 22 JAN</p> <p>Sacred Earth Sound Healing Meditation with Prem Amit 7:30pm-8:30pm AED 120/-</p> | <p>COACHING CIRCLE 23 JAN</p> <p>How to avoid Mental Stress and Burn Outs with Niya Roy 7pm-8pm (limited to 15 seats – RSVP)</p> | <p>ONSITE MEDITATION 24 JAN</p> <p>Reiki Self-Healing, Cleansing & Balancing Meditation with Zinnia Bharucha 7:30pm-8:30pm AED 100/-</p> | <p>FREE ONSITE WORKSHOP 25 JAN</p> <p>What is Family Constellations and How Does it Work? with Arpita Mitra Gupta 7pm-8pm (limited to 15 seats – RSVP for onsite)</p> <p>ONSITE MEDITATION 24 JAN</p> <p>Yoga Nidra & Sound Healing Meditation with Niya Roy 7:30pm-8:30pm AED 80/-</p> | <p>ONSITE SEMINAR 26 JAN</p> <p>Fight or Flight: Understanding Crisis in Our Day to Day Lives with Jessica Canero 7pm-8pm (limited to 15 seats – RSVP for onsite)</p> <p>ONSITE MEDITATION 26 JAN</p> <p>Manifestation with Quantum Jumping and Gonging Meditation with Zarine 7:30pm-8:30pm AED 150/-</p> | <p>FREE ONSITE MEDITATION 27 JAN</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am-11am (limited to 10 clients)</p> <p>FREE WEBINAR 27 JAN</p> <p>Why CBT is the most widely recommended therapy with Dr. Leila Edwards 6:30pm-8pm GST FREE</p> | <p>ONSITE MEDITATION 28 JAN</p> <p>with Jessica Canero 7:30pm-8:30pm AED 80/-</p> |
| <p>ONLINE/ONSITE TRAINING 29 JAN</p> <p>Space Clearing Training with Maria Leonard 11am-5pm AED 1100/-</p> <p>ONSITE MEDITATION 29 JAN</p> <p>Vibrations of the Heart Sound Healing Meditation with Prem Amit 7:30pm-8:30pm AED 120/-</p> | <p>ONSITE WORKSHOP 30 JAN</p> <p>Family Constellations Workshop with Arpita Mitra Gupta 9am-6pm AED 599/-</p> <p>COACHING CIRCLE 30 JAN</p> <p>How to avoid Mental Stress and Burn Outs with Niya Roy 7pm-8pm (limited to 15 seats – RSVP)</p> | <p>ONSITE SEMINAR 31 JAN</p> <p>Clear your Self-Limiting Beliefs through ThetaHealing® with Toni Marie 7pm-8pm (limited to 15 seats – RSVP for onsite)</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



Also offer our space to healers & trainers who require venue for their therapies & group events!