



**INGRID SPRAKE**  
Yoga & Meditation  
Teacher, Reiki Master  
& Holistic Therapist



**HANDAN**  
ThetaHealing Master



**TONI MARIE**  
Holistic Relationship Coach  
& Theta Healer



**MARIA LEONARD**  
Spiritual Coach, Intuitive Speaker  
& Founder of Life Scripting



**SHAZIA KHAN**  
Reiki Master &  
Holistic Healer



**BIANCA DEVANANDA**  
Psychic Soul Reader  
and Reiki Master



**ARPITA MITRA GUPTA**  
Holistic Therapist &  
Corporate Wellness Facilitator

| SATURDAY   | SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |   |
|--|--|--|---|--|---|---|---|
| <p><b>WE TRUST YOU ARE STAYING SAFE &amp; TAKING ALL PRECAUTIONARY MEASURES DURING THESE CHALLENGING TIMES.</b></p> <p>In our efforts to support the community we are keeping many meditations &amp; 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 &amp; C Apply)</p> <p>We would request your support on this. #staysafe</p> |  |  |   |  |   | <p><b>ONSITE TRAINING</b> 1 JULY</p> <p>Level 1 &amp; 2 Sound Healing Training in Vibrational Sound Therapy with Prem Amit<br/>July 1st / 2nd-3rd   6pm-9pm / 10am-6pm   AED 2750/-</p> | <p><b>ONLINE TRAINING</b> 2 JULY</p> <p>Emotional Intelligence - Foundation Training for Personal &amp; Professional Success with Doris Greenwood<br/>July 2nd-3rd   8:30am-4:30pm GST   AED 1550/-</p> |
|  |  |  |   |  |   | <p><b>ONSITE WORKSHOP</b> 1 JULY</p> <p>Women's Circle: Connecting to your Feminine Goddess with Toni Marie<br/>7pm-8:30pm   AED 150/-</p>  | <p><b>ONSITE TRAINING</b> 2 JULY</p> <p>Hypnotherapy Level 3 with Irina Khanna<br/>July 2nd-4th / 9th-10th   10am-6pm   AED 3630/-</p>  |
|  |  |  |   |  |   | <p><b>FREE ONLINE MEDITATION</b> 1 JULY</p> <p>Crystalline Reiki Healing Meditation with Shazia Khan<br/>8pm-9pm   FREE</p>   | <p><b>ONLINE TRAINING</b> 2 JULY</p> <p>Tarot Card Reading – Basic Course with Zinnia H Bharucha<br/>July 2nd-3rd   10am-6pm GST   AED 1000/-</p>   |
| <p><b>ONSITE MEDITATION</b> 3 JULY</p> <p>Opening of Heart Sound Healing Meditation with Prem Amit<br/>7:30pm-8:30pm   AED 120/-</p>   | <p><b>FREE ONLINE MEDITATION</b> 4 JULY</p> <p>Shamanic Journey: Meditation for Spiritual Guidance with Marc Mallat<br/>8pm-9pm   FREE</p> | <p><b>ONLINE TRAINING</b> 5 JULY</p> <p>Happiness Coaching Module 2 with Rajesh Singh<br/>July 5-9th   6:30pm-10pm   AED 3555/-</p>                              | <p><b>ONLINE/ONSITE MEDITATION</b> 6 JULY</p> <p>Healing the Throat Chakra with the Angels Meditation with Leckranee Burthoo-Barah<br/>7:30pm-8:30pm   AED 50/-</p> | <p><b>ONLINE/ONSITE WORKSHOP</b> 7 JULY</p> <p>3-day Breathwork Challenge Release Negative Emotions: Anger and Resentment with Maria Leonard<br/>7pm-8pm   AED 150/-</p> | <p><b>ONLINE/ONSITE WORKSHOP</b> 8 JULY</p> <p>3-day Breathwork Challenge – Release Negative Emotions: Guilt and Shame with Maria Leonard<br/>7pm-8pm   AED 150/-</p> | <p><b>ONSITE TRAINING</b> 9 JULY</p> <p>Hypnotherapy Level 2 with Arpita Mitra Gupta<br/>July 9th-11th / 16th-17th   9am-6pm   AED 3630/-</p>   |   |
| <p><b>FREE WEBINAR</b> 3 JULY</p> <p>Manifesting Abundance in Your Life through Theta Healing with Toni Marie<br/>8pm-9pm   FREE</p>   |  | <p><b>FREE WEBINAR</b> 5 JULY</p> <p>How to Become a Certified Hypnotherapist &amp; Awaken the Healer within You? with Arpita Mitra Gupta<br/>7pm-8pm   FREE</p> | <p><b>FREE WEBINAR</b> 6 JULY</p> <p>An Introduction to Mindfulness with Ingrid Sprake<br/>8pm-9pm   FREE</p>   | <p><b>ONSITE MEDITATION</b> 7 JULY</p> <p>I am Worthy and Gonging Meditation with Zarine<br/>7:30pm-8:30pm   AED 150/-</p>   | <p><b>FREE WEBINAR</b> 8 JULY</p> <p>Clearing your beliefs through Access Bars with Energy Cleansing Meditation with Shazia Khan<br/>8pm-9pm   FREE</p>               | <p><b>ONSITE TRAINING</b> 9 JULY</p> <p>Basic Crystal Healing Training with Shazia Khan<br/>July 9th   11am-5pm   AED 999/-</p>   |   |
|  |  |  |   |  |   | <p><b>ONLINE TRAINING</b> 9 JULY</p> <p>Shamanism &amp; Shamanic Healing Level 1 with Marc Mallat<br/>July 9th-10th   10am-6pm GST   AED 1650/-</p>                                     |   |
|  |  |  |   |  |   | <p><b>ONLINE/ONSITE WORKSHOP</b> 9 JULY</p> <p>3-day Breathwork Challenge - Release Negative Emotions: Fear and Sadness with Maria Leonard<br/>7pm-8pm   AED 150/-</p>                  |   |

| SATURDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|---|--|---|--|
| <p><b>ONSITE TRAINING</b> 10 JULY</p> <p>Advanced Crystal Training with Shazia Khan<br/>July 10th   11am-5pm   AED 1199/-</p> <p><b>ONSITE MEDITATION</b> 10 JULY</p> <p>New Moon Sound Healing Meditation for Manifestation &amp; Grounding with Prem Amit<br/>7:30pm-8:30pm   AED 150/-</p>   | <p><b>FREE WEBINAR</b> 11 JULY</p> <p>Introduction to Ascension &amp; how the Angelic Kingdom of Light is here to help with Leckranee Burthoo-Barah<br/>8pm-9pm   FREE</p>   | <p><b>FREE ONLINE MEDITATION</b> 12 JULY</p> <p>Akashic Records Meditation with Maria Leonard<br/>6pm-7pm   FREE</p> <p><b>ONLINE TRAINING</b> 12 JULY</p> <p>Happiness Coaching Module 2 with Rajesh Singh<br/>July 12th-16th   6:30pm-10pm</p>  | <p><b>ONSITE MEDITATION</b> 13 JULY</p> <p>Om Meditation by Ingrid Sprake<br/>7:30pm-8:30pm   AED 80/-</p> <p><b>FREE WEBINAR</b> 13 JULY</p> <p>Heal Your Parental Wounds in order to Heal Your Relationships with Irina Khanna<br/>8pm-9pm   FREE</p>                              | <p><b>ONSITE MEDITATION</b> 14 JULY</p> <p>Mend A Broken Heart and Gonging Meditation with Zarine<br/>7:30pm-8:30pm   AED 150/-</p> <p><b>FREE WEBINAR</b> 14 JULY</p> <p>Chakra Diagnosis &amp; Balancing with Experiential Meditation with Sarmistha<br/>8pm-9pm   FREE</p> | <p><b>ONSITE WORKSHOP</b> 15 JULY</p> <p>Women's Circle: Self-Love with Toni Marie<br/>7pm-8:30pm   AED 150/-</p>  |
| <p><b>ONLINE/ONSITE TRAINING</b> 17 JULY</p> <p>Access Bars Training with Shazia Khan<br/>10am-7pm   AED 1350/-</p> <p><b>FREE WEBINAR</b> 17 JULY</p> <p>An Introduction to Deep Energy Healing with Psychic Reading with Mike &amp; Sandi Mayes<br/>8pm-9pm GST   FREE</p>  | <p><b>FREE WEBINAR</b> 18 JULY</p> <p>Introduction to Systemic (Family &amp; Structural) Constellations – an Unconventional Toll to Heal Stubborn &amp; Sticky Blocks with Arpita Mitra Gupta<br/>7pm-8pm   FREE</p> | <p><b>ONLINE TRAINING</b> 19 JULY</p> <p>Happiness Coaching Module 2 with Rajesh Singh<br/>July 19th-23rd   6:30pm-10pm</p> <p><b>ONLINE/ONSITE MEDITATION</b> 19 JULY</p> <p>Healing with the Angels Meditation &amp; Channeling Messages with Leckranee Burthoo-Barah<br/>7:30pm-8:30pm   AED 50/-</p>                    | <p><b>ONLINE SUPPORT GROUP</b> 20 JULY</p> <p>Hypnotherapy Support Group with Irina Khanna<br/>7pm-8pm   FREE</p> <p><b>FREE WEBINAR</b> 20 JULY</p> <p>Crystal Chakra Tune Up with Ingrid Sprake<br/>8pm-9pm   FREE</p>   | <p><b>ONSITE MEDITATION</b> 21 JULY</p> <p>Reiki Self-Healing &amp; Gonging Meditation with Zarine<br/>7:30pm-8:30pm   AED 150/-</p>  | <p><b>ONSITE TRAINING</b> 22 JULY</p> <p>Angelic Reiki 1 &amp; 2 – Practitioner Level with Leckranee Burthoo Barah<br/>July 22nd / 23rd-24th<br/>6pm-9pm / 10am-6pm   AED 1950/-</p>   |
| <p><b>ONSITE TRAINING</b> 24 JULY</p> <p>Chakra Diagnosis &amp; Attunement Practitioner Training with Sarmistha Mitra<br/>July 24th-25th   2pm-6pm / 6pm-10pm   AED 1498/-</p> <p><b>ONSITE MEDITATION</b> 24 JULY</p> <p>Full Moon Special – Chakra Clearing Meditation with Shazia Khan<br/>7:30pm-8:30pm   AED 150/-</p>   | <p><b>FREE WEBINAR</b> 25 JULY</p> <p>Get rid of Emotional baggage &amp; a clear phobia with Cayte Fatma Mocadam<br/>8pm-9pm   FREE</p>  | <p><b>ONLINE TRAINING</b> 26 JULY</p> <p>Happiness Coaching Module 2 with Rajesh Singh<br/>July 26th-30th   6:30pm-10pm</p> <p><b>FREE WEBINAR</b> 26 JULY</p> <p>Understanding how can we use our emotions to guide us, instead of controlling us through ThetaHealing with Leckranee Burthoo-Barah<br/>8pm-9pm   FREE</p> | <p><b>FREE WEBINAR</b> 27 JULY</p> <p>Become a Successful NLP Life Coach with Dr. Doris Greenwood<br/>6:30pm-7:30pm   FREE</p> <p><b>ONSITE MEDITATION</b> 27 JULY</p> <p>Guided Meditation: Detach from Over Thinking and Worry with Ingrid Sprake<br/>7:30pm-8:30pm   AED 80/-</p> | <p><b>ONSITE MEDITATION</b> 28 JULY</p> <p>Violet Flame Meditation and Gonging with Zarine<br/>7:30pm-8:30pm   AED 150/-</p> <p><b>FREE WEBINAR</b> 28 JULY</p> <p>Heal, Channel and Connect with the Angelic Realm with Zakia Kazi<br/>8pm-9pm   FREE</p>                    | <p><b>ONSITE WORKSHOP</b> 29 JULY</p> <p>Women's Circle: Listening to the Messages of our Bodies with Toni Marie<br/>7pm-8:30pm   AED 150/-</p>  |
| <p><b>ONSITE WORKSHOP</b> 31 JULY</p> <p>Family Constellations Workshop with Arpita Mitra Gupta<br/>9am-6pm   AED 599/-</p> <p><b>ONLINE/ONSITE WORKSHOP</b> 31 JULY</p> <p>Step into your True Self – the Diamond Consciousness with Sarmistha Mitra<br/>July 31st   11am-3pm   AED 500/-</p> <p><b>ONSITE MEDITATION</b> 31 JULY</p> <p>Tibetan Sound Healing Meditation with Prem Amit<br/>7:30pm-8:30pm   AED 120/-</p> |  |   |  |   | <p><b>ONSITE TRAINING</b> 30 JULY</p> <p>USUI Reiki Level 1 with Ingrid Sprake<br/>July 30th   10am-6pm   AED 999/-</p> <p><b>ONLINE/ONSITE TRAINING</b> 30 JULY</p> <p>Life Scripting Level 1 with Maria Leonard<br/>July 30th-31st   10am-6pm   AED 2200/-</p> <p><b>ONLINE TRAINING</b> 30 JULY</p> <p>Shamanism &amp; Shamanic Healing Level 2 &amp; 3 with Marc Mallat<br/>July 30th-31st / August 6th<br/>10am-6pm GST   AED 3600/-</p> <p><b>ONLINE TRAINING</b> 30 JULY</p> <p>ThetaHealing Basic DNA with Handan<br/>July 30th-Aug. 1st   10am-6pm est<br/>AED 2200/-</p> |



Also offer our space to healers & trainers who require venue for their therapies & group events! Get 50%\* off on our space rental in this Time of COVID!