



**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



**IRINA KHANNA**  
Holistic Psychotherapist &  
Life Coach, Corporate Trainer



**NIYA ROY**  
Sound Healer,  
Hypnotherapist,  
and Yoga Instructor



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

| SATURDAY  | SUNDAY        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---------------|--|--|--|--|--|
| <p align="center"><b>WE TRUST YOU ARE STAYING SAFE &amp; TAKING ALL PRECAUTIONARY MEASURES DURING THESE CHALLENGING TIMES.</b></p> <p align="center">In our efforts to support the community we are keeping many meditations &amp; Seminars FREE!!<br/>*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)<br/>We would request your support on this. #staysafe</p> |               |  |  | <p><b>ONSITE MEDITATION</b> 1 SEPT<br/>Inner Child Healing &amp; Gonging Meditation with Zarine<br/>7:30pm-8:30pm   AED 150/-</p>  | <p><b>FREE WEBINAR</b> 2 SEPT<br/>Connect &amp; Work with your Guardian Angels with Meditation to Connect with the Angelic Realms with Leckranee Burthoo-Barrah<br/>8pm-9pm   FREE</p> | <p><b>ONLINE TRAINING</b> 3 SEPT<br/>NLP Level 1 Foundation &amp; Coaching Part 1 with Dr. Doris Greenwood<br/>Sep. 3rd-4th   9am-5pm GST   AED 1600/-</p> <p><b>ONSITE TRAINING</b> 3 SEPT<br/>Level 1 &amp; 2 Sound Healing Training in Vibrational Sound Therapy with Prem Amit<br/>Sep. 3rd-4th   9:30am-4:30pm<br/>Sep. 5th   6:30pm-8:30pm   AED 2750/-</p> <p><b>ONLINE/ONSITE TRAINING</b> 3 SEPT<br/>Crystal Healing &amp; Chakra Balancing Training – Practitioner Level with Ingrid Sprake<br/>Sep. 3rd-4th   10am-6pm   AED 1199/-</p> <p><b>ONSITE TRAINING</b> 3 SEPT<br/>Hypnotherapy Level 2 with Arpita Mitra Gupta<br/>Sep. 3rd-5th &amp; 10th-11th   9am-6pm<br/>AED 3630/-</p> <p><b>ONSITE WORKSHOP</b> 3 SEPT<br/>Family Constellations Workshop with Irina Khanna<br/>Sep. 3rd   10am-6pm   AED 699/-</p> |
| <p><b>ONSITE MEDITATION</b> 4 SEPT<br/>Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy<br/>7:30pm-8:30pm   AED 80/-</p>  | <p>5 SEPT</p> | <p><b>ONSITE MEDITATION</b> 6 SEPT<br/>New Moon Special - Journey to the Moon Meditation with Ingrid Sprake<br/>7:30pm-8:30pm   AED 150/-</p> <p><b>FREE WEBINAR</b> 6 SEPT<br/>Become a Healing Channel of the Angelic Kingdom of Light through Angelic Reiki with Experiential self-healing session with Leckranee Burthoo-Barrah<br/>8pm-9pm   FREE</p> | <p><b>ONLINE TRAINING</b> 7 SEPT<br/>NLP Level 1 Foundation &amp; Coaching Part 2 with Dr. Doris Greenwood<br/>Sep. 7th-8th   5pm-9pm GST<br/>Sep. 10th-11th   9am-5pm GST<br/>AED 2400/-</p> <p><b>FREE WEBINAR</b> 7 SEPT<br/>How Dopamine Dressing Balances your Chakras? with Ingrid Sprake<br/>8pm-9pm   FREE</p> | <p><b>FREE WEBINAR</b> 8 SEPT<br/>Introduction to Hypnotherapy &amp; How to Become a Certified Hypnotherapist? with Arpita Mitra Gupta<br/>7pm-8pm   FREE</p> <p><b>ONSITE MEDITATION</b> 8 SEPT<br/>Chakra Healing and Gonging Meditation with Zarine<br/>7:30pm-8:30pm   AED 150/-</p> | <p><b>ONSITE WORKSHOP</b> 9 SEPT<br/>Transcending Breathwork with Toni Marie<br/>7pm-8pm   AED 100/-<br/>(limited to 8 - RSVP)</p>   | <p><b>ONLINE TRAINING</b> 10 SEPT<br/>NLP Level 1 Foundation &amp; Coaching Part 2 with Dr. Doris Greenwood<br/>Sep. 7th-8th   5pm-9pm GST<br/>Sep. 10th-11th   9am-5pm GST   AED 2400/-</p> <p><b>ONSITE WORKSHOP</b> 10 SEPT<br/>Connecting, Channeling and Healing with your Guardian Angels with Leckranee Burthoo-Barrah<br/>Sep. 10th   10am-6pm   AED 777/-</p> <p><b>ONSITE TRAINING</b> 10 SEPT<br/>USUI Reiki Level 3 with Ingrid Sprake<br/>Sep. 10th-11th   10am-6pm   AED 1599/-</p>  |



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

| SATURDAY  | SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|---|--|--|--|---|
| <p><b>ONSITE MEDITATION</b> 11 SEPT</p> <p><b>Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy</b><br/>7:30pm-8:30pm   AED 80/-</p>   | <p><b>FREE WEBINAR</b> 12 SEPT</p> <p><b>Introduction to Cognitive Behavioural Therapy (CBT) for Bereavement, Grieving and Loss with Dr. Leila Edward</b><br/>6:30pm-8pm   FREE</p> <p><b>FREE WEBINAR</b> 12 SEPT</p> <p><b>Power of Yoga Nidra and Sound Healing with Niya Roy</b><br/>8pm-9pm   FREE</p> | <p><b>ONLINE/ONSITE MEDITATION</b> 13 SEPT</p> <p><b>Past Life Healing Meditation with the Akashic Records with Maria Leonard</b><br/>7:30pm-8:30pm   AED 80/-</p> <p><b>FREE WEBINAR</b> 13 SEPT</p> <p><b>Balancing Your Yin &amp; Yang Energy through Chakra Diagnosis &amp; Energy Attunement with Sarmistha Mitra</b><br/>8pm-9pm   FREE</p> | <p><b>FREE WEBINAR</b> 14 SEPT</p> <p><b>The Importance of Emotional Intelligence in our Personal &amp; Professional Lives with Dr. Doris Greenwood</b><br/>6:30pm-7:30pm   FREE</p> <p><b>ONSITE MEDITATION</b> 14 SEPT</p> <p><b>Meet Your Spirit Guide Meditation with Ingrid Sprake</b><br/>7:30pm-8:30pm   AED 80/-</p> | <p><b>ONSITE MEDITATION</b> 15 SEPT</p> <p><b>Manifestation with Quantum Jumping and Gonging Meditation with Zarine</b><br/>7:30pm-8:30pm   AED 150/-</p>  | <p><b>FREE WEBINAR</b> 16 SEPT</p> <p><b>Family Constellation – Facts vs. Myths: How Does It Work? with Arpita Mitra Gupta</b><br/>7pm-8pm   FREE</p> <p><b>ONLINE/ONSITE MEDITATION</b> 16 SEPT</p> <p><b>Healing with the Divine Light Meditation with Leckranee Burtho-Barrah</b><br/>7:30pm-8:30pm   AED 50/-</p>                                | <p><b>ONSITE TRAINING</b> 17 SEPT</p> <p><b>USUI Reiki Level 2 with Ingrid Sprake</b><br/>Sep. 17th-18th   10am-6pm   AED 1199/-</p> <p><b>ONSITE TRAINING</b> 17 SEPT</p> <p><b>Hypnotherapy Level 4 with Irina Khanna</b><br/>Sep. 17th-19th / 24th-26th<br/>10am-6pm   AED 4390/-</p>  |
| <p><b>ONSITE MEDITATION</b> 18 SEPT</p> <p><b>Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy</b><br/>7:30pm-8:30pm   AED 80/-</p>   | <p><b>FREE WEBINAR</b> 19 SEPT</p> <p><b>CBT – Therapy recommended by Mental Health Professionals with Dr. Leila Edwards</b><br/>6:30pm-8pm   FREE</p>  | <p><b>ONSITE MEDITATION</b> 20 SEPT</p> <p><b>Letting Go of the Past with Guardian Angels Full Moon Meditation with Leckranee Burtho-Barrah</b><br/>7:30pm-8:30pm   AED 80/-</p>  | <p><b>ONLINE/ONSITE MEDITATION</b> 21 SEPT</p> <p><b>Autumn Equinox: Balance your Feminine &amp; Masculine Energies with Maria Leonard</b><br/>7:30pm-8:30pm   AED 150/-</p> <p><b>FREE WEBINAR</b> 21 SEPT</p> <p><b>How Om Meditation Brings Balance and Bliss with Ingrid Sprake</b><br/>8pm-9pm   FREE</p>               | <p><b>ONSITE MEDITATION</b> 22 SEPT</p> <p><b>Healing a Relationship and Gonging Meditation with Zarine</b><br/>7:30pm-8:30pm   AED 150/-</p> <p><b>FREE WEBINAR</b> 22 SEPT</p> <p><b>Learn to Develop Intuition &amp; Transform your Life with Bianca Devananda</b><br/>8pm-9pm   FREE</p> | <p><b>FREE ONLINE MEDITATION</b> 23 SEPT</p> <p><b>ThetaHealing® Meditation with Energy Clearing and 55 Powerful Downloads to enhance Inner Peace with Leckranee Burthoo-Barrah</b><br/>7pm-8pm   FREE</p> <p><b>ONSITE WORKSHOP</b> 23 SEPT</p> <p><b>Transcending Breathwork with Toni Marie</b><br/>7pm-8pm   AED 100/- (limited to 8 – RSVP)</p> | <p><b>ONLINE TRAINING</b> 24 SEPT</p> <p><b>Emotional Intelligence – Foundation Training for Personal &amp; Professional Success with Doris Greenwood</b><br/>Sep. 24th-25th   9am-5pm GST   AED 1550/-</p> <p><b>ONSITE TRAINING</b> 24 SEPT</p> <p><b>USUI Reiki Level 1 with Ingrid Sprake</b><br/>Sep. 24th   10am-6pm   AED 999/-</p> <p><b>ONSITE TRAINING</b> 24 SEPT</p> <p><b>ThetaHealing Intuitive Anatomy with Handan</b><br/>Sep. 24th-25th, Oct. 1st-2nd, 8th-9th<br/>10am-6pm<br/>Sep. 26th-28th, Oct. 3rd-5th, Oct. 10th-12th<br/>4pm-10pm<br/>AED 8800/-</p> |
| <p><b>ONLINE/ONSITE TRAINING</b> 25 SEPT</p> <p><b>Space Clearing Training with Maria Leonard</b><br/>Sep. 25th   11am-5pm   AED 1100/-</p> <p><b>ONSITE TRAINING</b> 25 SEPT</p> <p><b>Chakra Diagnosis &amp; Attunement Practitioner Certification Program with Sarmistha Mitra</b><br/>Sep 25th   2pm – 6pm<br/>Sep 26th   6pm – 10pm   AED 1498/-</p> <p><b>ONSITE MEDITATION</b> 25 SEPT</p> <p><b>Saturday Yoga Nidra &amp; Sound Healing Meditation with Niya Roy</b><br/>7:30pm-8:30pm   AED 80/-</p> | <p>26 SEPT</p>  | <p><b>ONLINE/ONSITE MEDITATION</b> 27 SEPT</p> <p><b>Cosmic Diamond Violet Flame of Transmutation Meditation with the Angels with Leckranee Burtho-Barrah</b><br/>7:30pm-8:30pm   AED 50/-</p>  | <p><b>ONLINE SUPPORT GROUP</b> 28 SEPT</p> <p><b>Hypnotherapy Support Group (exclusive for Hypnotherapy students &amp; graduates) with Irina Khanna</b><br/>7pm-8pm   FREE</p> <p><b>ONSITE MEDITATION</b> 28 SEPT</p> <p><b>Om Chanting Meditation with Ingrid Sprake</b><br/>7:30pm-8:30pm   AED 80/-</p>                  | <p><b>FREE WEBINAR</b> 29 SEPT</p> <p><b>Intuition &amp; Clairvoyant Training Introduction &amp; Practice with Bianca Devananda</b><br/>8pm-9pm   FREE</p>   | <p><b>FREE WEBINAR</b> 30 SEPT</p> <p><b>How to take Charge of your Fears and Anxiety with Niya Roy</b><br/>8pm-9pm   FREE</p>   |   |