



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">WE TRUST YOU ARE STAYING SAFE & TAKING ALL PRECAUTIONARY MEASURES DURING THESE CHALLENGING TIMES.</p> <p align="center">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</p>				<p>ONSITE MEDITATION 1 SEPT Inner Child Healing & Gonging Meditation with Zarine 7:30pm-8:30pm AED 150/-</p>	<p>FREE WEBINAR 2 SEPT Connect & Work with your Guardian Angels with Meditation to Connect with the Angelic Realms with Leckranee Burthoo-Barrah 8pm-9pm FREE</p>	<p>ONLINE TRAINING 3 SEPT NLP Level 1 Foundation & Coaching Part 1 with Dr. Doris Greenwood Sep. 3rd-4th 9am-5pm GST AED 1600/-</p> <p>ONSITE TRAINING 3 SEPT Level 1 & 2 Sound Healing Training in Vibrational Sound Therapy with Prem Amit Sep. 3rd-4th 9:30am-4:30pm Sep. 5th 6:30pm-8:30pm AED 2750/-</p> <p>ONLINE/ONSITE TRAINING 3 SEPT Crystal Healing & Chakra Balancing Training – Practitioner Level with Ingrid Sprake Sep. 3rd-4th 10am-6pm AED 1199/-</p> <p>ONSITE TRAINING 3 SEPT Hypnotherapy Level 2 with Arpita Mitra Gupta Sep. 3rd-5th & 10th-11th 9am-6pm AED 3630/-</p> <p>ONSITE WORKSHOP 3 SEPT Family Constellations Workshop with Irina Khanna Sep. 3rd 10am-6pm AED 699/-</p>
<p>ONSITE MEDITATION 4 SEPT Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm AED 80/-</p>	<p>5 SEPT</p>	<p>ONSITE MEDITATION 6 SEPT New Moon Special – Journey to the Moon Meditation with Ingrid Sprake 7:30pm-8:30pm AED 150/-</p> <p>FREE WEBINAR 6 SEPT Become a Healing Channel of the Angelic Kingdom of Light through Angelic Reiki with Experiential self-healing session with Leckranee Burthoo-Barrah 8pm-9pm FREE</p>	<p>ONLINE TRAINING 7 SEPT NLP Level 1 Foundation & Coaching Part 2 with Dr. Doris Greenwood Sep. 7th-8th 5pm-9pm GST Sep. 10th-11th 9am-5pm GST AED 2400/-</p> <p>FREE WEBINAR 7 SEPT How Dopamine Dressing Balances your Chakras? with Ingrid Sprake 8pm-9pm FREE</p>	<p>FREE WEBINAR 8 SEPT Introduction to Hypnotherapy & How to Become a Certified Hypnotherapist? with Arpita Mitra Gupta 7pm-8pm FREE</p> <p>ONSITE MEDITATION 8 SEPT Chakra Healing and Gonging Meditation with Zarine 7:30pm-8:30pm AED 150/-</p>	<p>ONSITE WORKSHOP 9 SEPT Transcending Breathwork with Toni Marie 7pm-8pm AED 100/- (limited to 8 – RSVP)</p>	<p>ONLINE TRAINING 10 SEPT NLP Level 1 Foundation & Coaching Part 2 with Dr. Doris Greenwood Sep. 7th-8th 5pm-9pm GST Sep. 10th-11th 9am-5pm GST AED 2400/-</p> <p>ONSITE WORKSHOP 10 SEPT Connecting, Channeling and Healing with your Guardian Angels with Leckranee Burthoo-Barrah Sep. 10th 10am-6pm AED 777/-</p> <p>ONSITE TRAINING 10 SEPT USUI Reiki Level 3 with Ingrid Sprake 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>ONSITE MEDITATION 11 SEPT</p> <p>Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm AED 80/-</p>	<p>FREE WEBINAR 12 SEPT</p> <p>Introduction to Cognitive Behavioural Therapy (CBT) for Bereavement, Grieving and Loss with Dr. Leila Edward 6:30pm-8pm FREE</p> <p>FREE WEBINAR 12 SEPT</p> <p>Power of Yoga Nidra and Sound Healing with Niya Roy 8pm-9pm FREE</p>	<p>ONLINE/ONSITE MEDITATION 13 SEPT</p> <p>Past Life Healing Meditation with the Akashic Records with Maria Leonard 7:30pm-8:30pm AED 80/-</p> <p>FREE WEBINAR 13 SEPT</p> <p>Balancing Your Yin & Yang Energy through Chakra Diagnosis & Energy Attunement with Sarmistha Mitra 8pm-9pm FREE</p>	<p>FREE WEBINAR 14 SEPT</p> <p>The Importance of Emotional Intelligence in our Personal & Professional Lives with Dr. Doris Greenwood 6:30pm-7:30pm FREE</p> <p>ONSITE MEDITATION 14 SEPT</p> <p>Meet Your Spirit Guide Meditation with Ingrid Sprake 7:30pm-8:30pm AED 80/-</p>	<p>ONSITE MEDITATION 15 SEPT</p> <p>Manifestation with Quantum Jumping and Gonging Meditation with Zarine 7:30pm-8:30pm AED 150/-</p>	<p>FREE WEBINAR 16 SEPT</p> <p>Family Constellation – Facts vs. Myths: How Does It Work? with Arpita Mitra Gupta 7pm-8pm FREE</p> <p>ONLINE/ONSITE MEDITATION 16 SEPT</p> <p>Healing with the Divine Light Meditation with Leckranee Burtho-Barrah 7:30pm-8:30pm AED 50/-</p>	<p>ONSITE TRAINING 17 SEPT</p> <p>USUI Reiki Level 2 with Ingrid Sprake Sep. 17th-18th 10am-6pm AED 1199/-</p> <p>ONSITE TRAINING 17 SEPT</p> <p>Hypnotherapy Level 4 with Irina Khanna Sep. 17th-19th / 24th-26th 10am-6pm AED 4390/-</p>
<p>ONSITE MEDITATION 18 SEPT</p> <p>Saturday Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm AED 80/-</p>	<p>FREE WEBINAR 19 SEPT</p> <p>CBT – Therapy recommended by Mental Health Professionals with Dr. Leila Edwards 6:30pm-8pm FREE</p>	<p>FREE WEBINAR 20 SEPT</p> <p>Bioenergy Healing & Emotional Balancing to Overcome Stress and Anxiety with Dr. Moustafa Hassan 7pm-8pm FREE</p> <p>ONSITE MEDITATION 20 SEPT</p> <p>Letting Go of the Past with Guardian Angels Full Moon Meditation with Leckranee Burtho-Barrah 7:30pm-8:30pm AED 80/-</p>	<p>ONLINE/ONSITE MEDITATION 21 SEPT</p> <p>Autumn Equinox: Balance your Feminine & Masculine Energies with Maria Leonard 7:30pm-8:30pm AED 150/-</p> <p>FREE WEBINAR 21 SEPT</p> <p>How Om Meditation Brings Balance and Bliss with Ingrid Sprake 8pm-9pm FREE</p>	<p>ONSITE MEDITATION 22 SEPT</p> <p>Healing a Relationship and Gonging Meditation with Zarine 7:30pm-8:30pm AED 150/-</p> <p>FREE WEBINAR 22 SEPT</p> <p>Learn to Develop Intuition & Transform your Life with Bianca Devananda 8pm-9pm FREE</p>	<p>FREE ONLINE MEDITATION 23 SEPT</p> <p>ThetaHealing® Meditation with Energy Clearing and 55 Powerful Downloads to enhance Inner Peace with Leckranee Burthoo-Barrah 7pm-8pm FREE</p> <p>ONSITE WORKSHOP 23 SEPT</p> <p>Transcending Breathwork with Toni Marie 7pm-8pm AED 100/- (limited to 8 - RSVP)</p>	<p>ONLINE TRAINING 24 SEPT</p> <p>Emotional Intelligence – Foundation Training for Personal & Professional Success with Doris Greenwood Sep. 24th-25th 9am-5pm GST AED 1550/-</p> <p>ONSITE TRAINING 24 SEPT</p> <p>USUI Reiki Level 1 with Ingrid Sprake Sep. 24th 10am-6pm AED 999/-</p> <p>ONSITE TRAINING 24 SEPT</p> <p>ThetaHealing Intuitive Anatomy with Handan Sep. 24th-25th, Oct. 1st-2nd, 8th-9th 10am-6pm Sep. 26th-28th, Oct. 3rd-5th, Oct. 10th-12th 4pm-10pm AED 8800/-</p>
<p>ONLINE/ONSITE TRAINING 25 SEPT</p> <p>Space Clearing Training with Maria Leonard Sep. 25th 11am-5pm AED 1100/-</p> <p>ONSITE TRAINING 25 SEPT</p> <p>Chakra Diagnosis & Attunement Practitioner Certification Program with Sarmistha Mitra Sep 25th 2pm – 6pm Sep 26th 6pm – 10pm AED 1498/-</p> <p>ONSITE MEDITATION 25 SEPT</p> <p>Saturday Yoga Nidra & Sound Healing Meditation with Niya Roy 7:30pm-8:30pm AED 80/-</p>	<p>26 SEPT</p>	<p>FREE ONSITE SEMINAR 27 SEPT</p> <p>The Spiritual Science of Energizing your Bioenergy for Manifesting Happiness, Health and Purpose with a free energy simulation for each participant with Dr. Moustafa Hassan 7pm-8pm (RSVP – 15 clients)</p> <p>ONLINE/ONSITE MEDITATION 27 SEPT</p> <p>Cosmic Diamond Violet Flame of Transmutation Meditation with the Angels with Leckranee Burtho-Barrah 7:30pm-8:30pm AED 50/-</p>	<p>ONLINE SUPPORT GROUP 28 SEPT</p> <p>Hypnotherapy Support Group (exclusive for Hypnotherapy students & graduates) with Irina Khanna 7pm-8pm FREE</p> <p>ONSITE MEDITATION 28 SEPT</p> <p>Om Chanting Meditation with Ingrid Sprake 7:30pm-8:30pm AED 80/-</p>	<p>FREE WEBINAR 29 SEPT</p> <p>Intuition & Clairvoyant Training Introduction & Practice with Bianca Devananda 8pm-9pm FREE</p>	<p>FREE WEBINAR 30 SEPT</p> <p>How to take Charge of your Fears and Anxiety with Niya Roy 8pm-9pm FREE</p>	