



**DR. DORIS GREENWOOD**  
Internationally Renowned  
NLP Master Trainer



**GIAN CARLO ZAZZERI**  
Renowned Quantum &  
Shamanic Healer



**DR. SWAMI MAHAVANAM**  
Health Consultant &  
Holistic Therapist



**JANA REDDY**  
Sound Healer, Access Bars  
Facilitator & Hypnotherapist



**BIANCA DEVANANDA**  
Clairvoyant & Reiki Master



**MARIA LEONARD**  
Spiritual Coach, Intuitive  
Speaker & Rebirthing  
Breathwork Facilitator



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

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p><b>ONSITE MEDITATION</b> 1 DEC</p> <p>Reiki Self-Healing and Gonging Meditation with Zarine Dadachanji 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 2 DEC</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am-11am   FREE (limited to 10 seats – RSVP)</p> <p><b>ONSITE MEDITATION</b> 2 DEC</p> <p>Tantric Inner Silence and Yogic Breathwork Meditation with Dr. Swami Mahavanam 7:30pm-8:30pm   AED 80/-</p>	<p><b>ONSITE TRAINING</b> 3 DEC</p> <p>Hypnotherapy Level 1 with Arpita Mitra Gupta Dec. 3rd-4th   9am-6pm   AED 1530/-</p> <p><b>ONLINE TRAINING</b> 3 DEC</p> <p>Basic Tarot Card Reading Training with Zinnia Bharucha Dec. 3rd-4th   10am-6pm   AED 1000/-</p>
<p><b>ONSITE WORKSHOP</b> 4 DEC</p> <p>Basic Shaman Cleansing and Empowering Workshop with the Power of the Viking Runes with Gian Carlo Zazzeri 10am-6pm   AED 600/-</p> <p><b>ONSITE MEDITATION</b> 4 DEC</p> <p>New Moon Manifestation and Sound Healing Meditation with Prem Amit 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 5 DEC</p> <p>Yoga, Meditation and Concentration Classes for Stress Release with Niya Roy 6pm-7pm   FREE</p> <p><b>FREE SEMINAR</b> 5 DEC</p> <p>NLP for Happiness &amp; Success with Dr. Doris Greenwood 6:30pm-7:30pm GST   FREE</p> <p><b>ONSITE MEDITATION</b> 5 DEC</p> <p>Screaming Meditation (OSHO Dynamic Meditation) with Bianca Devananda 8pm-9pm   AED 100/-</p>	<p><b>FREE ONLINE MEDITATION</b> 6 DEC</p> <p>7 Chakra Energy Healing Meditation with Breathwork and Mantra Chants with Bharti Jatti Varma 6pm-7pm GST   FREE</p> <p><b>ONSITE MEDITATION</b> 6 DEC</p> <p>The Shamanic Path to Reconnection and Reawakening Meditation with Gian Carlo Zazzeri 7:30pm-8:30pm   AED 100/-</p>	<p><b>FREE ONSITE MEDITATION</b> 7 DEC</p> <p>Introduction to Reiki and Chakra Balancing Meditation with Toni Marie 7pm-8pm   FREE (limited to 12 clients)</p> <p><b>ONSITE MEDITATION</b> 7 DEC</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm   AED 80/-</p>	<p><b>FREE ONSITE WORKSHOP</b> 8 DEC</p> <p>Ancient Yogic Practices for Stress and Anxiety Relief (Breathwork, Sound and Meditation) with Dr. Swami Mahavanam 7pm-8pm (limited to 15 seats – RSVP)</p> <p><b>ONSITE MEDITATION</b> 8 DEC</p> <p>Manifestation with Quantum Jumping and Gonging Meditation with Zarine 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 9 DEC</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am-11am (limited to 10 clients)</p> <p><b>ONSITE MEDITATION</b> 9 DEC</p> <p>Kundalini Breathwork Meditation with Dr. Swami Mahavanam 7:30pm-8:30pm   AED 80/-</p>	<p><b>ONLINE/ONSITE TRAINING</b> 10 DEC</p> <p>Space Clearing Training with Maria Leonard 11am-5pm   AED 1100/-</p> <p><b>ONSITE TRAINING</b> 10 DEC</p> <p>NLP Level 1 Foundation &amp; Coaching Part 1 with Dr. Doris Greenwood Dec. 10th-11th   9am-5pm GST   AED 1600/-</p> <p><b>ONSITE TRAINING</b> 10 DEC</p> <p>Sound Healing Training in Vibrational Sound Therapy Level 1 &amp; 2 with Prem Dec. 10th-11th   9:30am-4:30pm   AED 3000/-</p> <p><b>ONSITE TRAINING</b> 10 DEC</p> <p>USUI Reiki Level 3 with Bianca Devananda Dec. 10th-11th   10am-6pm   AED 1599/-</p> <p><b>ONSITE TRAINING</b> 10 DEC</p> <p>Transcendental Quantum Reiki Level 3 with Gian Carlo Zazzeri Dec. 10th-11th   10am-6pm   AED 1800/-</p> <p><b>ONSITE TRAINING</b> 10 DEC</p> <p>Hypnotherapy Level 3 with Irina Khanna Dec. 10th-12th &amp; 17th-18th 10am-6pm   AED 3630/-</p>

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ONSITE MEDITATION</b> 11 DEC</p> <p>Sound Oasis – A Journey with Sounds Meditation with Jana Reddy 7:30pm-8:30pm   AED 100/-</p>	<p><b>FREE ONSITE MEDITATION</b> 12 DEC</p> <p>Yoga, Meditation and Concentration Classes for Stress Release with Dr. Swami Mahavanam 6pm-7pm   FREE</p> <p><b>ONSITE MEDITATION</b> 12 DEC</p> <p>Psychic Healing Meditation &amp; Message Circle with Bianca Devananda 7:30pm-8:30pm   AED 100/-</p>	<p><b>FREE ONLINE MEDITATION</b> 13 DEC</p> <p>Energy Cord Cutting &amp; Releasing The Past: Guided Meditation with Jessica Canero 6pm-7pm GST   FREE</p> <p><b>ONSITE MEDITATION</b> 13 DEC</p> <p>Deep Energy Cleansing with Shaman Sound Healing Meditation with Gian Carlo Zazzeri 7:30pm-8:30pm   AED 100/-</p>	<p><b>ONLINE TRAINING</b> 14 DEC</p> <p>NLP Level 1 Foundation &amp; Coaching Part 2 with Dr. Doris Greenwood Dec 14th-15th   5pm-9pm GST Dec 18th-19th   9am-5pm GST AED 2400/-</p> <p><b>ONSITE MEDITATION</b> 14 DEC</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm   AED 80/-</p>	<p><b>FREE ONLINE WORKSHOP</b> 15 DEC</p> <p>Energy Reading on Chakras and Diagnosing Energy Blocks through the Power of the Pendulum with Bharti 7pm-8pm GST   FREE</p> <p><b>ONSITE MEDITATION</b> 15 DEC</p> <p>Healing the Heart Chakra with Gonging Meditation with Zarine 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 16 DEC</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am-11am   FREE (limited to 10 clients)</p> <p><b>ONSITE MEDITATION</b> 16 DEC</p> <p>Ancient Yogic Energy Channeling Meditation (Prana Vidya) with Dr. Swami Mahavanam 7:30pm-8:30pm   AED 80/-</p>	<p><b>ONSITE TRAINING</b> 17 DEC</p> <p>ThetaHealing Manifesting and Abundance with Handan Dec. 17th-18th   10am-6pm   AED 2100/-</p> <p><b>ONSITE TRAINING</b> 17 DEC</p> <p>USUI Reiki Level 1 with Toni Marie Dec. 17th-18th   10am-6pm   AED 999/-</p> <p><b>ONSITE TRAINING</b> 17 DEC</p> <p>Transcendental Quantum Reiki Level 4 with Gian Carlo Zazzeri Dec. 17th-18th   10am-6pm   AED 2400/-</p>
<p><b>ONSITE MEDITATION</b> 18 DEC</p> <p>Full Moon Sound Alchemy Meditation with Jana Reddy 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 19 DEC</p> <p>Yoga, Meditation and Concentration Classes for Stress Release with Niya Roy 6pm-7pm   FREE</p> <p><b>ONLINE/ONSITE MEDITATION</b> 19 DEC</p> <p>Manifestation Meditation through Akashic Records – A Year End Special with Maria Leonard 7:30pm-8:30pm   AED 150/-</p>	<p><b>ONSITE MEDITATION</b> 20 DEC</p> <p>Christmas Special! Connecting to Oneness and Gratitude and Sound Healing Meditation with Gian Carlo Zazzeri 7:30pm-8:30pm   AED 100/-</p>	<p><b>ONSITE MEDITATION</b> 21 DEC</p> <p>Yoga Nidra and Sound Healing Meditation with Niya Roy 7:30pm-8:30pm   AED 80/-</p> <p><b>FREE WEBINAR</b> 21 DEC</p> <p>Tension Release Exercises for Stress and Chronic Fatigue with Jessica Canero 7pm-8pm GST   FREE</p>	<p><b>FREE ONSITE WORKSHOP</b> 22 DEC</p> <p>Access Bars – Clearing the Blocks in Your Awareness with Janna Reddy 7pm-8pm (limited to 15 seats – RSVP)</p> <p><b>ONSITE MEDITATION</b> 22 DEC</p> <p>Manifestation with Quantum Jumping and Gonging Meditation with Zarine 7:30pm-8:30pm   AED 150/-</p>	<p><b>FREE ONSITE MEDITATION</b> 23 DEC</p> <p>Vibrational Sound Healing Meditation with Jana Reddy 10am-11am (limited to 10 clients)</p> <p><b>ONSITE MEDITATION</b> 23 DEC</p> <p>Opening the Heart Chakra Meditation with Yoga, Breathwork and Sound with Dr. Swami Mahavanam 6pm-7pm   AED 80/-</p>	<p>24 DEC</p>  <p><b>WE ARE CLOSED</b></p>
<p>25 DEC</p> 	<p><b>FREE ONSITE MEDITATION</b> 26 DEC</p> <p>Yoga, Meditation &amp; Concentration Classes for Stress Release with Dr. Swami Mahavanam 6pm-7pm   FREE</p> <p><b>ONSITE MEDITATION</b> 26 DEC</p> <p>Chakra Meditation with Sounds – Align &amp; Re-Energize your Chakras with Janna Reddy 7:30pm-8:30pm   AED 100/-</p>	<p><b>ONLINE SUPPORT GROUP</b> 27 DEC</p> <p>Online Hypnotherapy Support Group (exclusive for Hypnotherapy students &amp; graduates only) with Arpita Mitra Gupta 7pm-8pm</p> <p><b>ONSITE MEDITATION</b> 27 DEC</p> <p>Third Eye &amp; Sixth Sense Awakening Meditation with Dr. Swami Mahavanam 7:30pm-8:30pm   AED 100/-</p>	<p>28 DEC</p>	<p><b>ONSITE WORKSHOP</b> 29 DEC</p> <p>Family Constellations Workshop with Arpita Mitra Gupta 9am-6pm   AED 599/-</p> <p><b>FREE ONLINE WORKSHOP</b> 29 DEC</p> <p>Demystifying Wealth Consciousness – Why Abundance is a Mind Game &amp; How to Make it Your Reality for 2022 with Jessica Canero 7pm-8pm GST   FREE</p> <p><b>ONSITE MEDITATION</b> 29 DEC</p> <p>Release the Old &amp; Welcome the New with Gonging Meditation with Zarine 7:30pm-8:30pm   AED 150/-</p>	<p><b>ONSITE MEDITATION</b> 30 DEC</p> <p>New Year's Intention Activation and Sound Healing Meditation with Jana Reddy 7:30pm-8:30pm   AED 100/-</p>	<p>31 DEC</p>  <p><b>HAPPY NEW YEAR</b></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!