TOTAL WELLNESS | BODY + MIND + SPIRIT

GOOD BYE TO
- Stress
- Various Fear and phobias
- Anxiety
- Depression
- Anger
- Frustration
- Traumas
- Poor Memory or lack of concentration

TOTAL WELLBEING
We help you to achieve your wellbeing through,
- Reiki
- Yoga
- Meditation
- EFT Acupressure
- Programing Your Subconscious Mind
- NLP

PROGRAMME INFO
Holistic Wellness Program is a combination of easy to learn and effective healing & meditation methods that anyone can use for Personality development, promoting relaxation and stress reduction - Physical, mental and emotional healing.
Corporate/Personal Healing Training workshops offered.

CALL US TODAY
75882 44445

Workshops and private sessions for,
- Children(Age) - 5 to 15
- Adults(Age) - 16 to 60
- Corporate Training

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