



# 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