HOLISTIC WELLNESS PROGRAMME

CHILDREN DEVELOPMENT WORKSHOP

A PROGRAMME FOR THE DEVELOPMENT AND FLOWERING OF THE CHILDREN TO FORM AN INTEGRATED TOTAL PERSONALITY.

GOOD BYE TO

FEAR OF THE UNKNOWN/NIGHTMARES

BULLYING

LEARNING ISSUES

TEST ANXIETY

LIMITED BELIEFS (I'M NOT SMART ENOUGH)

ANGER/FRUSTRATION

FEAR OF DOCTORS/DENTISTS/NEEDLES

CHANGING SCHOOLS

PARENTS DIVORCE

THE LOSS OF A FRIEND/RELATIVE/PET

COPING WITH DISABILITY

SURVIVING PHYSICAL/MENTAL/SEXUAL ABUSE

BEING BITTEN OR SCRATCHED BY A PET

TRAUMA FROM ACCIDENT

ADOPTION AND RE-HOMING

COSMIC ENERGY TAPPING

COSMIC LIFE FORCE ENERGY THAT HELPS DEVELOPMENT, SELF HEALING AND HEALING OTHERS.

EMOTIONAL FREEDOM TECHNIQUE(EFT)

AN EASY AND POWERFUL TECHNIQUE TO RELEASE NEGATIVE EMOTIONS RELIEVING IMBALANCES IN OUR ENERGY SYSTEMS.

YOGANIDRA

REPROGRAMME YOUR SUBCONSCIOUS MIND THROUGH YOGANIDRA AND BRING AN INCREDIBLE CALMNESS, QUIETNESS & CLARITY.

MINDFUL MEDITATIONS

AWARE IN PRESENT MOMENT REDUCES THOUGHT STREAM AND PREVENTS STRESS, ANXIETY & RELAPSES OF DEPRESSION.

ABOUT US

We promote the cause of intelligent art of living; a healthy, peaceful, spiritual value based life of lofty ideals and moral values manifesting the inner divinity and spiritual energies of humankind.

Holistic Wellness Programme 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. The purpose of program is to develop children's total potential to the maximum — their creativity, intelligence and happiness.

Through this program, individuals enliven the most creative, powerful & blissful level of their own awareness, pure consciousness.

RESULT: Greater intelligence, more creativity, greater learning ability, less stress, better health, better relationship & better world.

THE HOLISTIC CARE
make life positive

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