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
Programming 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.

TOTAL WELLNESS | BODY + MIND + SPIRIT

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