

# Health & Wellness Services

## #1. Hatha Yoga In-Person Single or Group Sessions (75min)

Besides improving flexibility, strength, balance and focus- it is ideal for those seeking structured 'in-person guidance' to cultivate Body & Mind connection as well as fostering conscious and mindful relationships with yourself and your space and environment.

Taking advantage of the uplifting and freshly nourishing energy by practicing Yoga during early morning hours, brings you naturally into alignment of Nature's Rhythm with ease.

Sessions are held outdoors, therefore surrounded by lushes Greenery, which allow you to feel the Magic of Freedom and fostering Great Connection to our Divine Source.

Nature's alignment is all you need - to flow with ease, great vitality and focus into your day ahead. The focus is on neutralizing our imbalances and mastering ourselves while being nurtured by our "Chirpy Cosmic Siblings, lushes green and blossoming Care Takers in other words – **Our Natural Healers!**

***\*During winter months, classes are moved indoors to ensure warmth and comfort\****

## #2. Guided Meditation Sessions\* \*(30- 45min)

***\*\* (Including Intro chat for creating common ground, active meditation time vary from 10 min – 30 min depending on the person's requirement & level)***

A guided practice to cultivate mindfulness, inner peace, and mental clarity or a healing meditation tailored for specific diseases and imbalances.

**SUITABLE for:** those that wish to learn to meditate or find it easier when it is guided.

This is our TO-GO TOOL to rebalance ourselves when we feel stressed, shifting our mind into high vibrational states when we feel emotionally and mentally triggered, seeking focus to manifest our Dreams and Goals or looking to enhance our clarity in our life's quests and accessing deeper levels of "Knowing Thyself"

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## #3. Breath Work Sessions \*\* (30-60 min)

Our Breath is the Bridge between our Physical Body and the Mind. Various techniques for various physical, mental and emotional states are available to us to harness the power of our very own Life force building rhythm, magnetism with great vitality. Consciously directing our Breath in a controlled way in a safe environment is ideal and highly beneficial for:

- **managing stress**
- **expelling toxins**
- **removing sluggishness & lethargic states**
- **improving lung capacity**
- **trauma release - transmutation and transformation**
- **relaxation**
- **nourishing cells**
- **rebalancing our Nervous System**

## #4. Yoga Nidra Sessions with/without San Kalpha\*\* (60 min)

***Shifting gears from Survival Mode to Revival Mode!***

***Turn hours of Ordinary Sleep into minutes of effective Conscious Sleep.***

After a day's or a week's tiresome workloads and daily Life Challenges, this is an ideal way for anyone seeking profound rest, stress relief, or a reset for the body and mind.

Very suitable for individuals with high blood pressure, digestive issues, high blood sugar levels.

Often referred to as "Yogic Sleep", it is a guided meditative practice of deep relaxation and conscious sleep by regulating brain waves while actively breathing and aware.

During Yoga Nidra our body's ability to digest, rest and improve its body functions are heightened in a very effective and efficient way.

**\*\* with Sankalpa** - this includes conscious manifestation practice tapping into the Quantum field.

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## #5. Chakra Balancing Sessions\* (45 -60min )

Ayurveda and the functioning of Chakras go hand-in-hand. Each chakra is associated with a nerve plexus and an endocrine gland- governed by certain elements (Pancha Maha Bhuta) Once you know which dosha is governing predominantly and is out of whack by having done a quick Ayurvedic Assessment, it is easy to determine how to bring optimal flow through the chakras to rebalance and bring clarity.

Rebalancing the chakras is allowing for heightened flow of life force without any obstructions.

### **Obstructions are felt in the following ways:**

Physically through ailments & pain, mentally through drain, emotionally through onset, and spiritually through a lack of connection.

***Imagine the flow of traffic from origin to destination with red robots...  
how does it make you feel?***

**versus**

***Imagine the flow of traffic with only green lights...  
how does THAT make you feel? That's the difference!***

Nutritional recommendations and/ certain Practices are designed to align, remove blockages and balance the body's energy centres, enhancing overall harmony, vitality and clarity.

## #6. Custom / Tailored Services

Custom services are entirely tailored to suit the client, including any of the service offerings listed and even more. e.g. Growth Coaching, Creative Team building Sessions. May it be for In-House training, Conferences, Corporate Events or for the SME Business Holder , Regular or One-time short Sessions, 1-Day Workshops or even Weekend Immersions, Team events.

**PACKAGES PERSONALIZED & TAILORED ON REQUEST**

## #7. Life Weaver Events

These are experienced and educational Group Offerings and may include Vedic and Holistic Health & Wellness Workshops, Ayurvedic Weekend Immersions and Challenges.