

# AMANZI



## **About Private Virtual Meditation**

Meditation increases your awareness of self and is a powerful tool through which you can awaken to more of your potential, destiny, and purpose. Additionally, the benefits of meditation have been proven to extend beyond spiritual growth and elevation, literally impacting your mental, emotional, physical, and creative well-being. Some of the scientifically-proven effects of meditation include:

- Reduces stress
- Increases emotional well-being, decreases depression and anxiety, and enhances self-esteem and self-acceptance
- Allows us to move beyond fight-or-flight reactions into a greater response-ability

**Your session will be curated to meet you where you are in your current practice and preferences; your journey can be blended but is not limited to the following,**

- Inner Child Healing meditation - To explore your current relationship with your inner child and gently guide you to reconnect in a way that you are both ready for.
- Personalised meditation, recorded healing sounds, frequencies & breathwork

## **SESSION DETAILS**

Duration: 50 min | 30 min

Rates: 400 AED | 300 AED \* Packages available upon request

Powered by Zoom | Individual Session- 1 Person

## **MY CREDENTIALS | EXPERIENCE**

Compassionate Inquiry<sup>®</sup> Somatic-based Psychotherapeutic Approach (Professional Training by Gabor Mate)

Somatic Attachment Therapy ( By the Embody Lab)

Meditation and the Evolution of Consciousness ( Taught by Michael Beckwith - Agape)

Breathwork Instructor ( By Yoga Life Awareness Program)

Japanese Soto Zen "Zazen" Practice ( Eiheiji Temple, Japan)

## **DISCLAIMER**

I am not a registered Psychotherapist | Psychologist. If you think that your mental state requires intense therapeutic supervision and or Intervention, kindly first contact a registered Psychotherapist | Psychologist | Psychiatrist or Family GP.