

THURSDAY EVENING MEDITATIONS WITH LINA



THURSDAY 13 SEPTEMBER, 7-8PM

MANDALA ACTIVE MEDITATION WITH LINA

In the first three stages of this energetic and powerful technique “centering” is the aim, through the creation of a circle of energy. Then, in the fourth stage, the relaxation. This is a highly energetic meditation. Suitable for physically healthy adults as running and swaying is involved.

Investment: Dhs 80

THURSDAY 27 SEPTEMBER, 7-8PM

TIBETAN SINGING BOWL MEDITATION

Tibetan Singing Bowls have been used for centuries for healing and meditation purposes. They create a range of sounds to restore the normal vibratory frequencies of out-of-harmony parts of the body, mind and soul. The sounds generated by Tibetan Singing Bowls are a type of energy medicine that promote healing from stress disorders, pain, depression, and most forms of dis-ease. Unique tones create the perfect state for deep meditation, creative thinking and intuitive messages.

Investment: Dhs 100

THURSDAY 25 OCTOBER, 7-8PM

TIBETAN SINGING BOWL MEDITATION

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Investment: Dhs 100

THURSDAY 1 NOVEMBER, 7-8PM

TIBETAN SINGING BOWL MEDITATION

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Investment: Dhs 100

THURSDAY 8 NOVEMBER, 6:30-7:30PM

SUFI DANCE MEDITATION

This active centering meditation is based on Sufi techniques, further developed and expanded by Osho. Using the breath and a series of coordinated body movements followed by whirling, your energy becomes centered in the hara, the “life energy” center below the navel. From there you can watch the mind and experience awareness and wholeness – the body moving in all directions, the center unmoving. Whirling is not recommended for pregnant ladies.

Investment: Dhs 80

THURSDAY 15 NOVEMBER, 7-8PM

GOURISHANKAR MEDITATION

The meditation lasts one hour and has four stages (15 minutes each). Osho says that if the breathing is done correctly in the first stage of this meditation, the carbon dioxide formed in the bloodstream will make you feel as high as Gourishankar (Mt. Everest)! This “high” is carried into the subsequent stages of soft gazing, soft and spontaneous movement, and silent stillness.

Investment: Dhs 80

Lina Jarad, a certified Reiki healer and sound therapist, has completed various trainings on Mindfulness and Meditation in the UAE, India and Germany. Lina provides Mindfulness workshops to students, faculty & alumni of Khalifa University and leads meditation sessions at Bodytree. She enjoys using a variety of techniques in her sessions including music, movement and aromatherapy.

Book your happiness journey today!
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