

Kundalini Masterclass dedicated to the spirit of Ramadan with Nancy Zabaneh

Ramadan is not just intended to be a fast from food and drink, but also a fast from mental, physical and emotional attachment. Our time during Ramadan is meant for deep introspection on the Source of all life. Realizing that there are some things we can do without and going beyond the mundane inside of us to experience our true nature, free from the myriad of crutches and escape hatches we use on a daily basis.

Whether one observes this month of fasting or not, we can all be inspired by the powerful energy created when millions seek spiritual transformation at the same time.

Join Nancy for this special class dedicated to the spirit of Ramadan.



Nancy is founder of The Red Chair, a platform for raising consciousness and pushing boundaries around topical issues. Based in Dubai for the last 18 years, Nancy is an active Kundalini Yoga Instructor with the Kundalini Research Institute (KRI) and a pioneer of the movement in the Middle East. A wellness mentor and motivational speaker as well as a committed member of the Kundalini Yoga Wellness and Health Association, she helps to facilitate Beyond Addiction, an internationally-recognized recovery program for addiction. In addition to her current training in the psychotherapeutic modality of Compassionate Inquiry as well as the Healthy Breast Foundations Program, she has plans to teach in the less privileged communities of Palestine and Syria, working as an intern with the academy (KRI) and continuing to develop mindfulness initiatives for schools.

- 🌿 **Date:** Sunday 26 May
- 🌿 **Time:** 10.30am-12.30pm
- 🌿 **Investment:** AED 175

All prices are inclusive of VAT.

Book your place by emailing

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